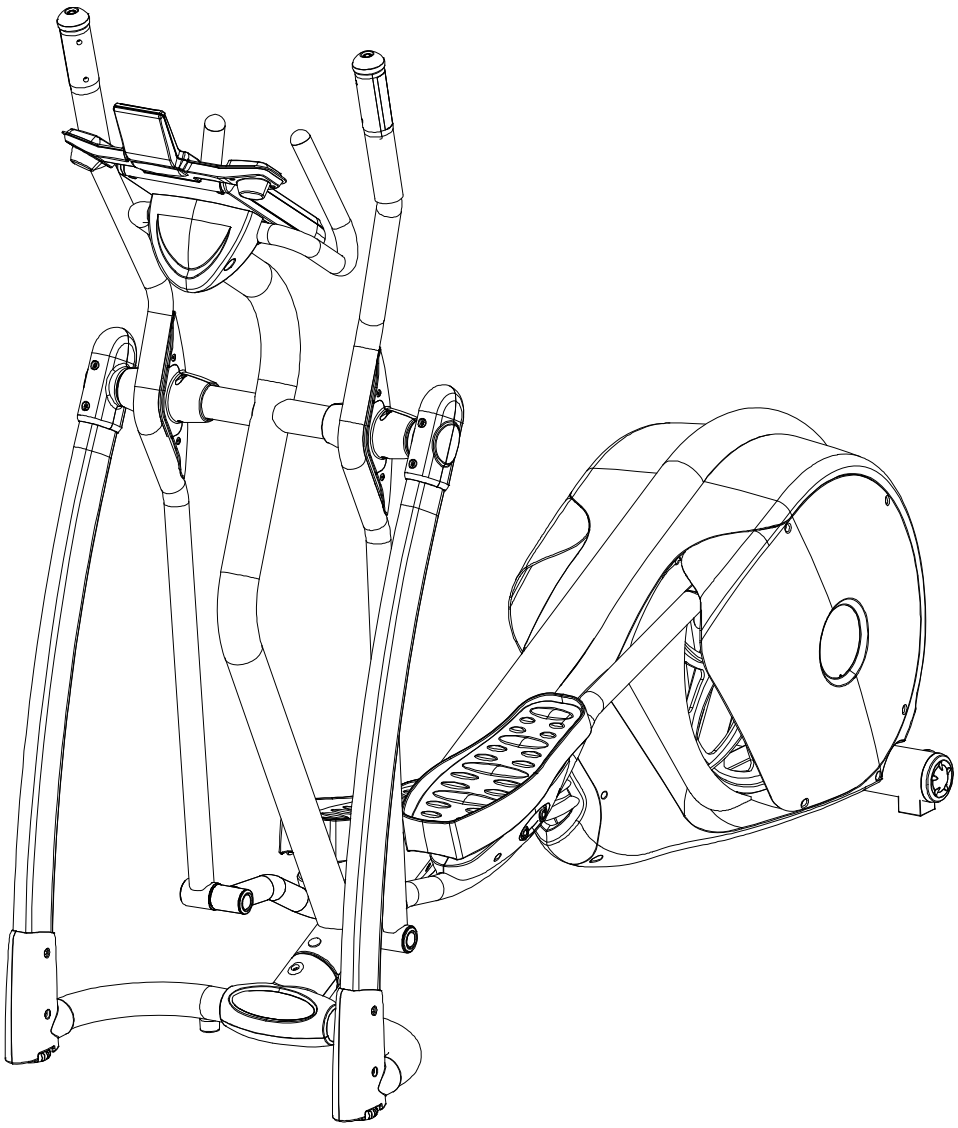
SMOOTH CE3.6 ELLIPTICAL



USER WEIGHT LIMITATION: **325lbs(145kgs).**

SERIAL NUMBER (found on frame):

PREASSEMBLY

For future service or related questions:

Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your Smooth Fitness.

Name: _____ Phone Number: _____ Receipt: _____

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly at 888-800-1167.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

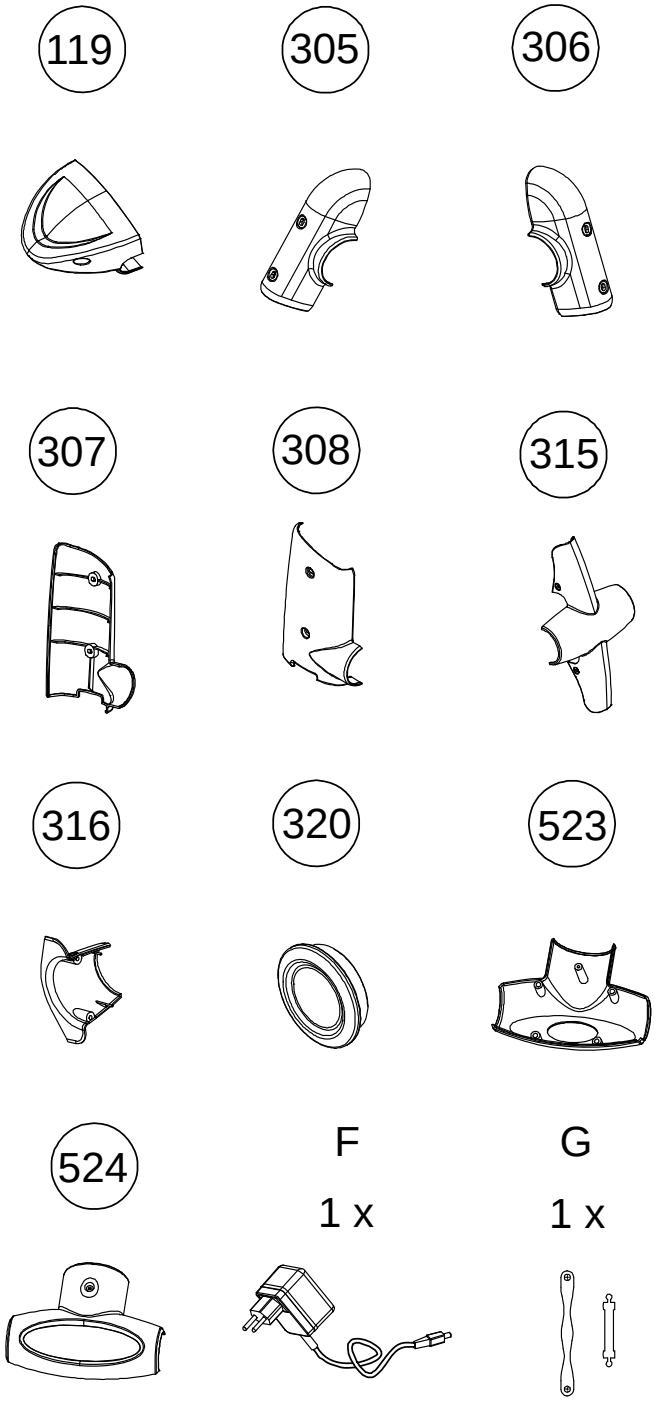
User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 325lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

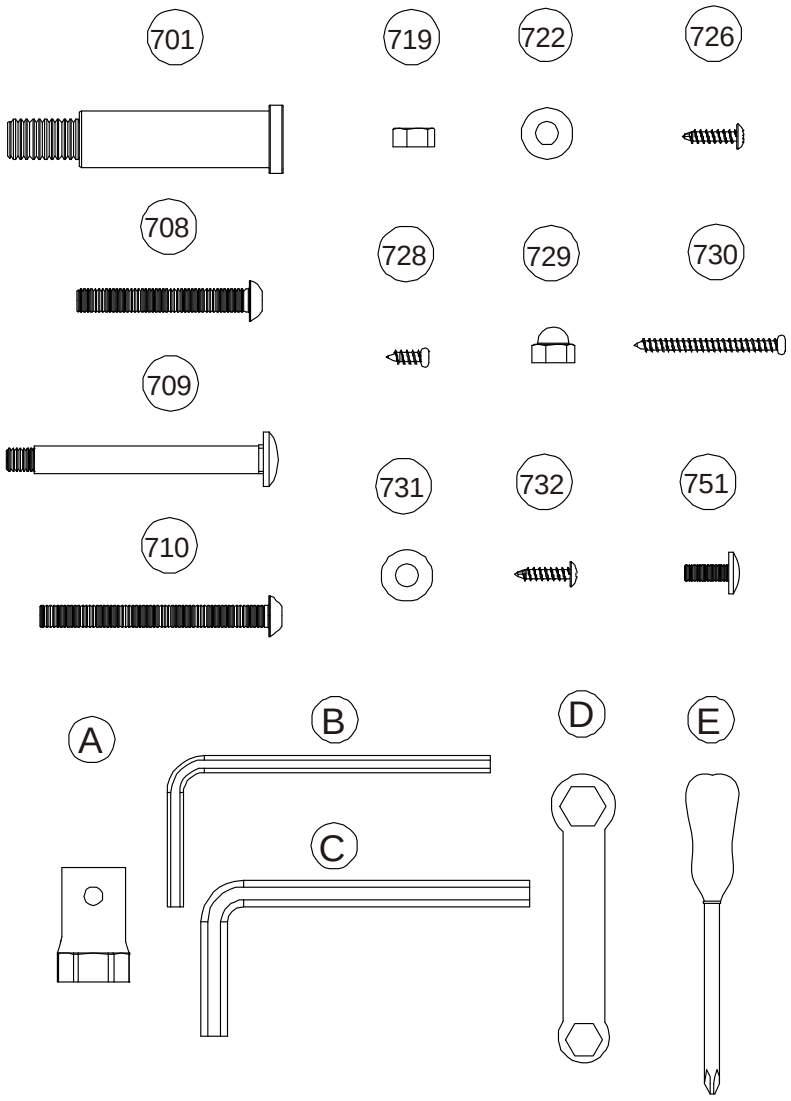
No.	Description	Qty.
119	Console Back Cover	1
305	Upright Upper Cover #1	2
306	Upright Upper Cover #2	2
307	Upright Lower Cover – Right	2
308	Upright Lower Cover – Left	2
315	Action Handlebar Cover	2
316	Action Handlebar Inside Cover	4
320	Pedal Arm Front Pivot Cover	4
523	Front Frame Cover – Lower	1
524	Front Frame Cover – Upper	1
F	Adapter	1
G	Chest Belt	1

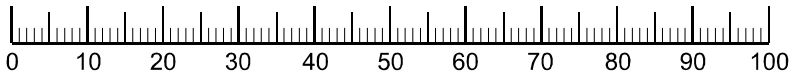


SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
701	M14x91mm Bolt	2
708	M8x60mm Bolt	2
709	M10x94mm Bolt	2
710	M8x65mm Bolt	2
719	M14 Nut	2
722	8x21x2mm Cup Washer	2
726	4x19mm Screw	19
728	4x12mm Screw	8
729	M10 Nut	2
730	4x50mm Bolt	1
731	10.5x28x2mm Cup Washer	2
732	4x15mm Screw	8
751	M5x14mm Bolt	2
A	Spanner	1
B	5mm Allen Key	1
C	8mm Allen Key	1
D	Wrench	1
E	Screwdriver	1





MILLIMETERS

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
100			
101	Computer PC Board	1	CE3.6-101
102	Overlay	1	CE3.6-102
103	Console Housing – Top	1	CE3.6-103
104	Console Housing – Bottom	1	CE3.6-104
105	Amplifier PC board	1	CE3.6-105
106	Hand Pulse Sensor Wire – Upper	1	CE3.6-106
107	7pin Computer Wire – Upper	2	CE3.6-107
108	Speaker Bracket Cover	1	CE3.6-108
109	Console Side Cover	2	CE3.6-109
110	Fan	1	CE3.6-110
111	Speaker Cover	2	CE3.6-111
112	Speaker	2	CE3.6-112
113	Dock Cover – Top	1	CE3.6-113
114	iPod Dock PC board	1	CE3.6-114
115	Dock Cover – Bottom	1	CE3.6-115
116	iPod Bracket	1	CE3.6-116
117	Pad	1	CE3.6-117
118	Speaker Bracket	1	CE3.6-118
119	Console Back Cover	1	CE3.6-119
200			
201	Console Support Upright	1	CE3.6-201
202	Handlebar Foam Grip	2	CE3.6-202
203	Handlebar End Cap	2	CE3.6-203
204	7pin Computer Wire – Middle	1	CE3.6-204
205	Hand Pulse Sensor Wire – Middle	2	CE3.6-205
300			
301	Action Handlebar – Left	1	CE3.6-301
302	Action Handlebar – Right	1	CE3.6-302
303	Left Upright	1	CE3.6-303
304	Right Handlebar	1	CE3.6-304
305	Upright Upper Cover #1	2	CE3.6-305
306	Upright Upper Cover #2	2	CE3.6-306
307	Upright Lower Cover – Right	2	CE3.6-307
308	Upright Lower Cover – Left	2	CE3.6-308
309	Action Handlebar End Cap	2	CE3.6-309
310	Hand Pulse Sensor	2	CE3.6-310
311	Hand Pulse Sensor Cover	2	CE3.6-311
312	Action Handlebar Foam Grip	2	CE3.6-312
313	Bearing 6004Z	4	CE3.6-313
314	Handlebar Pivot Inside Bushing	2	CE3.6-314
315	Action Handlebar Cover	2	CE3.6-315
316	Action Handlebar Inside Cover	4	CE3.6-316
317	Handlebar Pivot Outside Bushing	2	CE3.6-317
318	Level Adjuster	2	CE3.6-318
319	Rubber Cushion	2	CE3.6-319
320	Pedal Arm Front Pivot Cover	4	CE3.6-320
321	Hand Pulse Sensor Wire – Lower	2	CE3.6-321

COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
400			
401	Right Pedal Arm	1	CE3.6-401
402	Left Pedal Arm	1	CE3.6-402
403	Pedal Fixing Base	2	CE3.6-403
404	Bearing 608WN9	8	CE3.6-404
405	Bushing 12x58mm	4	CE3.6-405
406	Pedal Buffer	2	CE3.6-406
407	Pedal Support Base	2	CE3.6-407
408	Pedal	2	CE3.6-408
409	Pedal Soft Cushion	2	CE3.6-409
412	Bearing 6002	4	CE3.6-412
413	Pedal Arm Rear Shaft	2	CE3.6-413
414	Bearing 2203	2	CE3.6-414
415	35 C Clip	2	CE3.6-415
417	Pedal Buffer Cover	4	CE3.6-417
420	Rubber Cushion – Rear	2	CE3.6-420
421	Rubber Cushion – Front	2	CE3.6-421
500			
501	Main Frame	1	CE3.6-501
502	Crank Disk	1	CE3.6-502
503	Crank	2	CE3.6-503
504	Belt	1	CE3.6-504
506	Rear Stabilizer Cap	2	CE3.6-506
507	Rear Stabilizer Cushion	2	CE3.6-507
509	Strengthen Wheel Adjuster Set	1	CE3.6-509
510	Flywheel Pivot	1	CE3.6-510
514	Bearing 6005Z	2	CE3.6-514
515	Crank Disk Axle	1	CE3.6-515
516	Flywheel	1	CE3.6-516
517	Crank Disk Support Bushing	2	CE3.6-517
518	Crank Disk Support Cover	1	CE3.6-518
519	Flywheel Shaft Fixing	1	CE3.6-519
520	Magnet Bracket	1	CE3.6-520
521	Bearing 6000Z	3	CE3.6-521
522	7pin Computer Wire – Lower	1	CE3.6-522
523	Front Frame Cover – Lower	1	CE3.6-523
524	Front Frame Cover – Upper	1	CE3.6-524
525	Volute Shaft	1	CE3.6-525
526	Motor Bracket	1	CE3.6-526
527	Bearing 6300Z	4	CE3.6-527
528	Motor	1	CE3.6-528
529	Volute Bracket	1	CE3.6-529
530	Motor Control Board	1	CE3.6-530
531	Magnet Bracket Shaft	1	CE3.6-531
532	Flywheel Axle	1	CE3.6-532

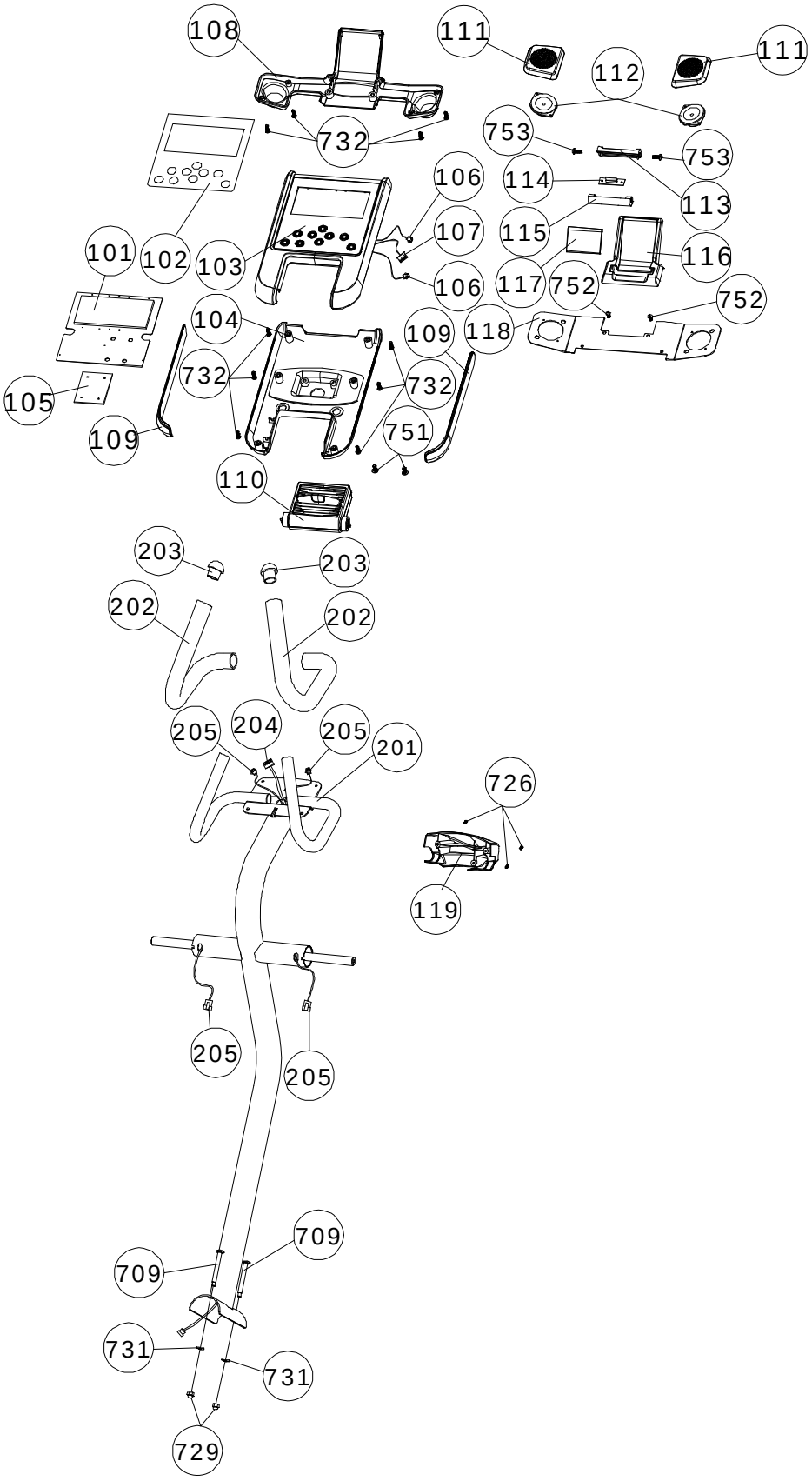
COMPLETE PARTS LIST

Item No.	Description	Qty.	Part No.
535	Crank Disk Bearing Bushing	1	CE3.6-535
540	Speed Sensor	1	CE3.6-540
541	Speed Sensor Holder	1	CE3.6-541
600			
601	Front Cover	1	CE3.6-601
602	Frame Inside Cover – Right	1	CE3.6-602
603	Frame Inside Cover – Left	1	CE3.6-603
604	Frame Outside Cover – Left	1	CE3.6-604
605	Frame Outside Cover – Right	1	CE3.6-605
606	Iron Plate Nut	12	CE3.6-606
607	DC Power Wire	1	CE3.6-607
700			
701	M14x91mm Bolt	2	CE3.6-701
702	Spring 15x25x1.5mm	1	CE3.6-702
703	Aluminum Disk	1	CE3.6-703
704	Caster	2	CE3.6-704
705	M8x12mm Bolt	23	CE3.6-705
706	M8x20mm Bolt	2	CE3.6-706
707	M8x90mm Bolt	4	CE3.6-707
708	M8x60mm Bolt	2	CE3.6-708
709	M10x94mm Bolt	2	CE3.6-709
710	M8x65mm Bolt	2	CE3.6-710
711	M8x30mm Bolt	2	CE3.6-711
712	M10x45mm Bolt	2	CE3.6-712
713	M10x45mm Bolt	2	CE3.6-713
715	M6x12mm Bolt	12	CE3.6-715
716	Fixing Insert	8	CE3.6-716
718	M8 Nut	7	CE3.6-718
719	M14 Nut	2	CE3.6-719
720	M10 Nut	2	CE3.6-720
721	M12 nut	1	CE3.6-721
722	8x21x2mm Cup Washer	2	CE3.6-722
723	10x26x3mm Washer	1	CE3.6-723
724	10x20x5mm Washer	3	CE3.6-724
725	M4x45mm Bolt	1	CE3.6-725
726	4x19mm Screw	39	CE3.6-726
727	4.5x15mm Screw	12	CE3.6-727
728	4x12mm Screw	8	CE3.6-728
729	M10 Nut	4	CE3.6-729
730	4x50mm Bolt	1	CE3.6-730
731	10.5x28x2mm Cup Washer	2	CE3.6-731
732	4x15mm Screw	18	CE3.6-732
737	8x23x2mm Washer	2	CE3.6-737
738	§ 10mm C Clip	2	CE3.6-738
742	M6x38mm Bolt	1	CE3.6-742
743	M6 Nut	1	CE3.6-743

COMPLETE PARTS LIST

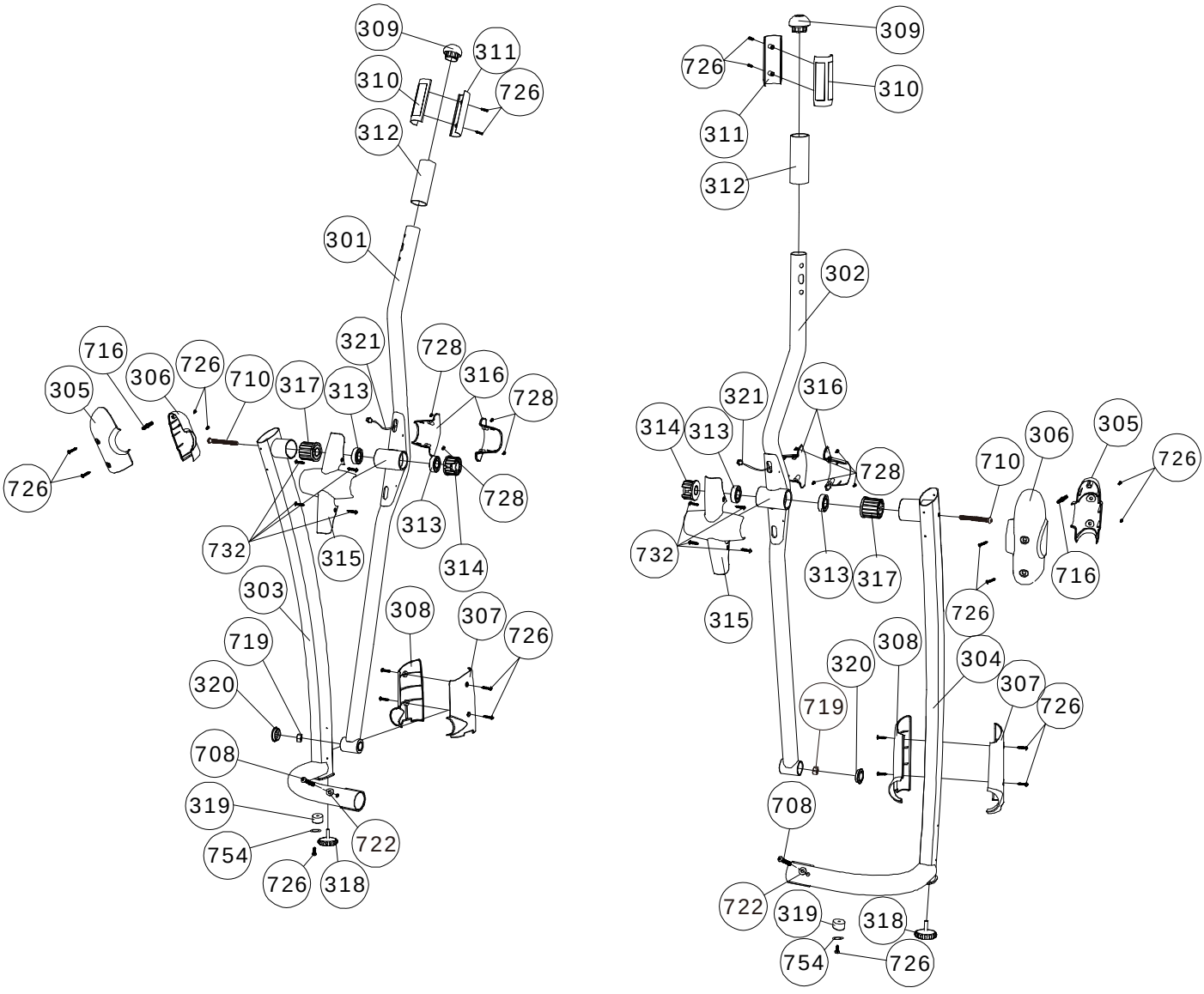
Item No.	Description	Qty.	Part No.
744	M5x8mm Bolt	5	CE3.6-744
745	6x32x2.5mm Washer	2	CE3.6-745
747	M8x10mm Bolt	2	CE3.6-747
748	M10x30mm Bolt	2	CE3.6-748
751	M5x14mm Bolt	4	CE3.6-751
752	M5x10mm Bolt	2	CE3.6-752
753	M6x15mm Bolt	2	CE3.6-753
754	6.5x12x1mm Washer	6	CE3.6-754
755	8x16.5x1.5mm Washer	11	CE3.6-755
760	M8x15mm Bolt	4	CE3.6-760
761	M5 Nut	4	CE3.6-761
762	∮5mm Spring Washer	4	CE3.6-762
763	10x20x2mm Washer	6	CE3.6-763
764	M6x10mm Bolt	1	CE3.6-764
766	8x21x2mm Cup Washer	2	CE3.6-766
870	Taper Fixing Insert-Metal Inside	4	CE3.6-870

PARTS DIAGRAM



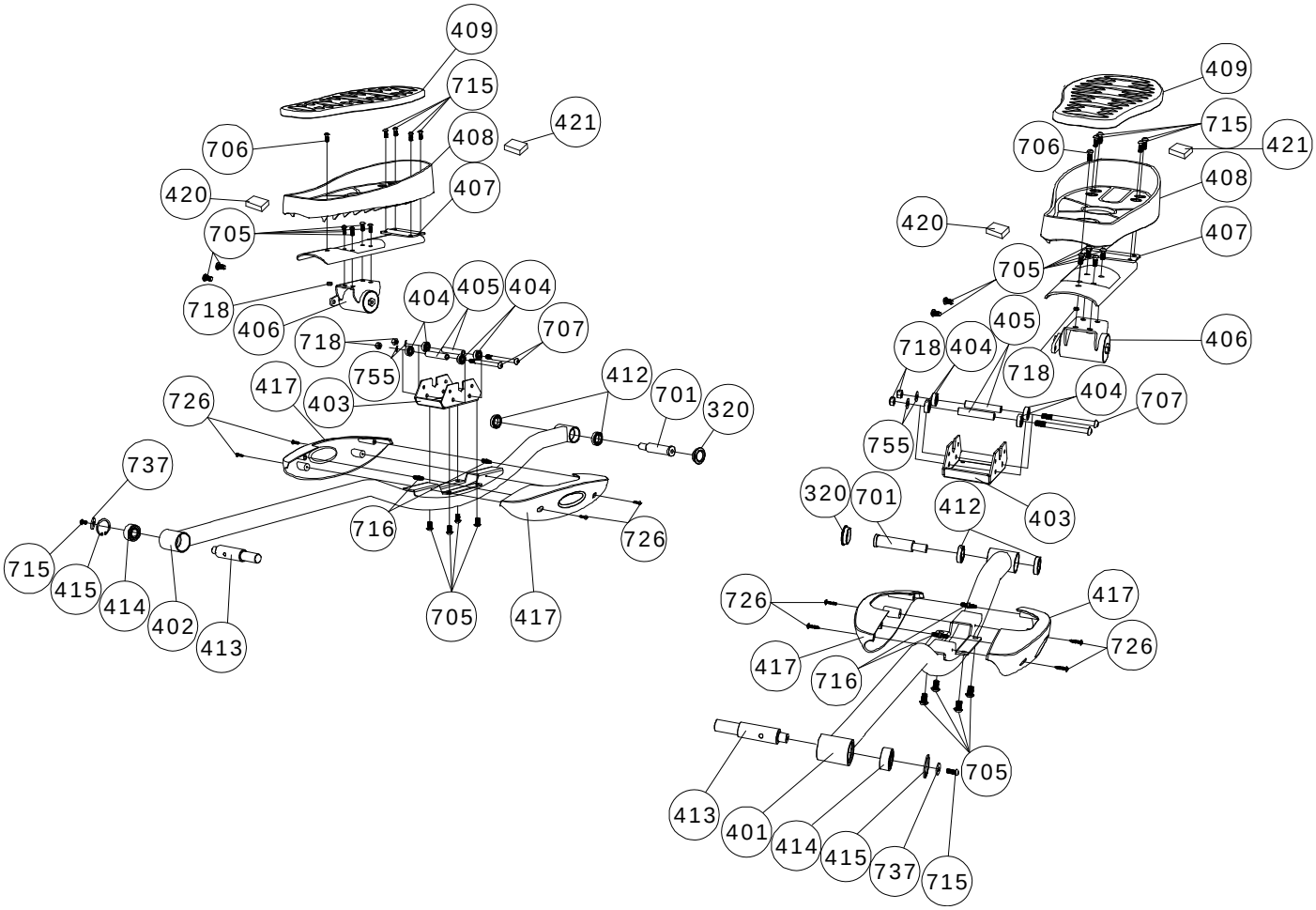
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



PARTS DIAGRAM

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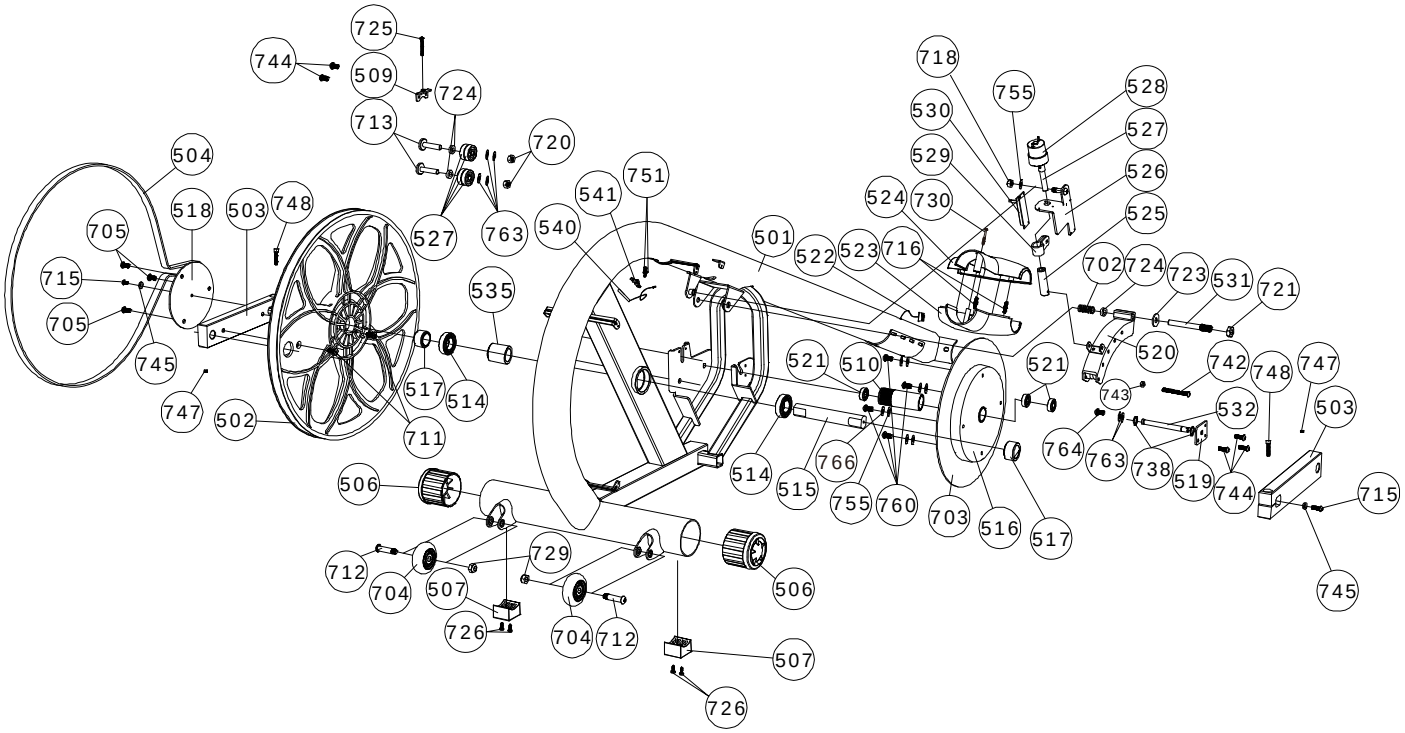
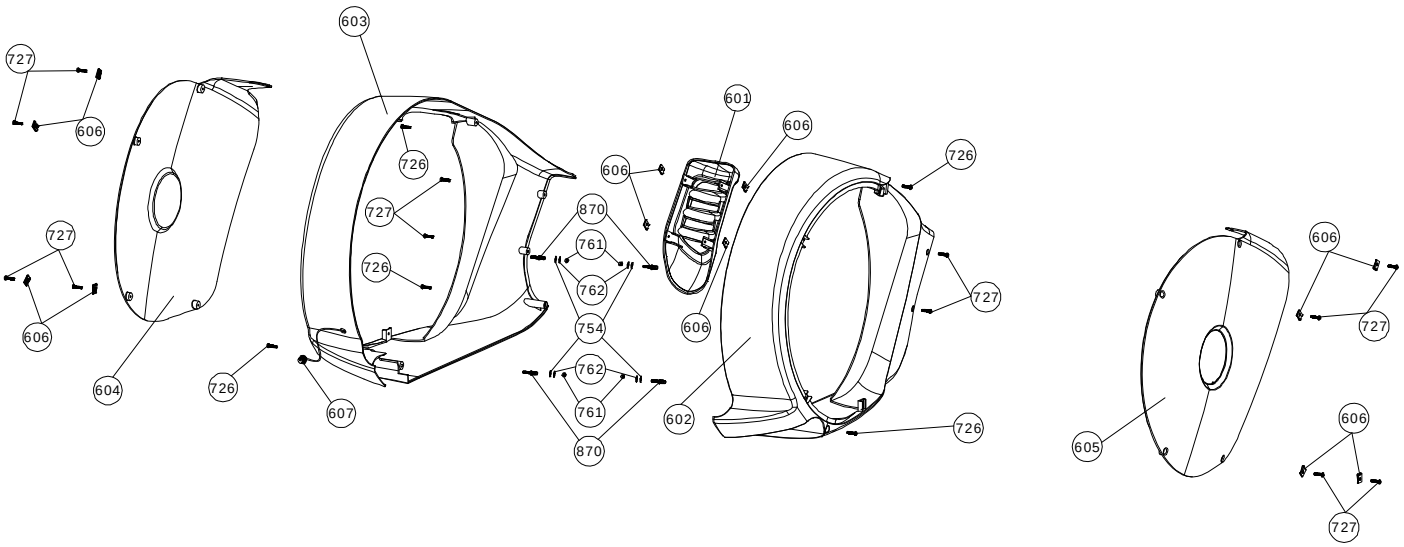


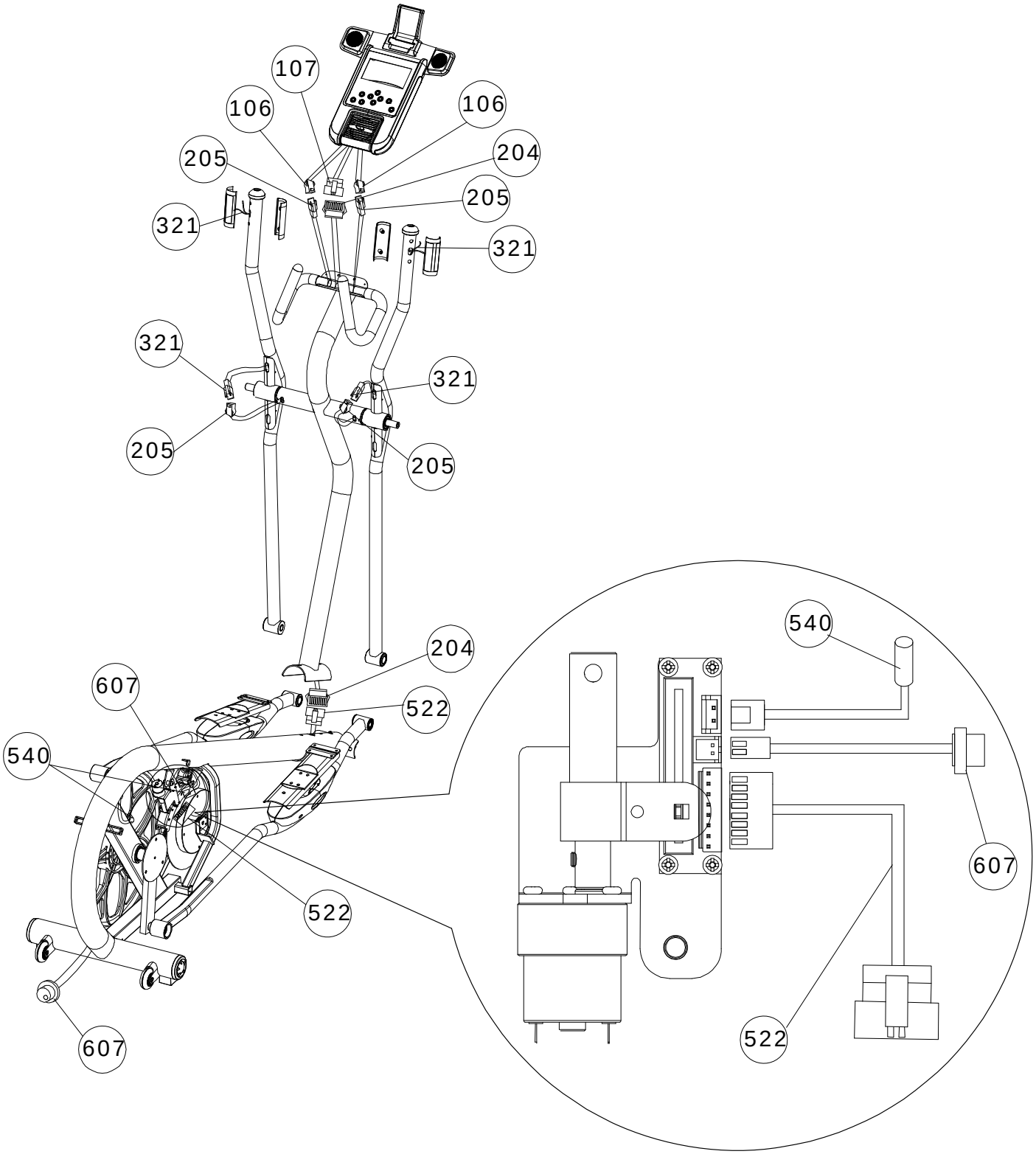
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.



WIRE DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.

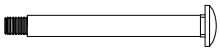


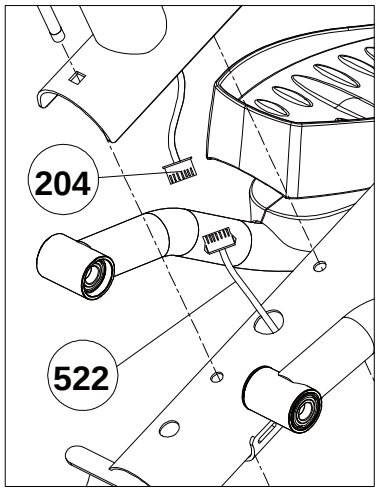
ASSEMBLY

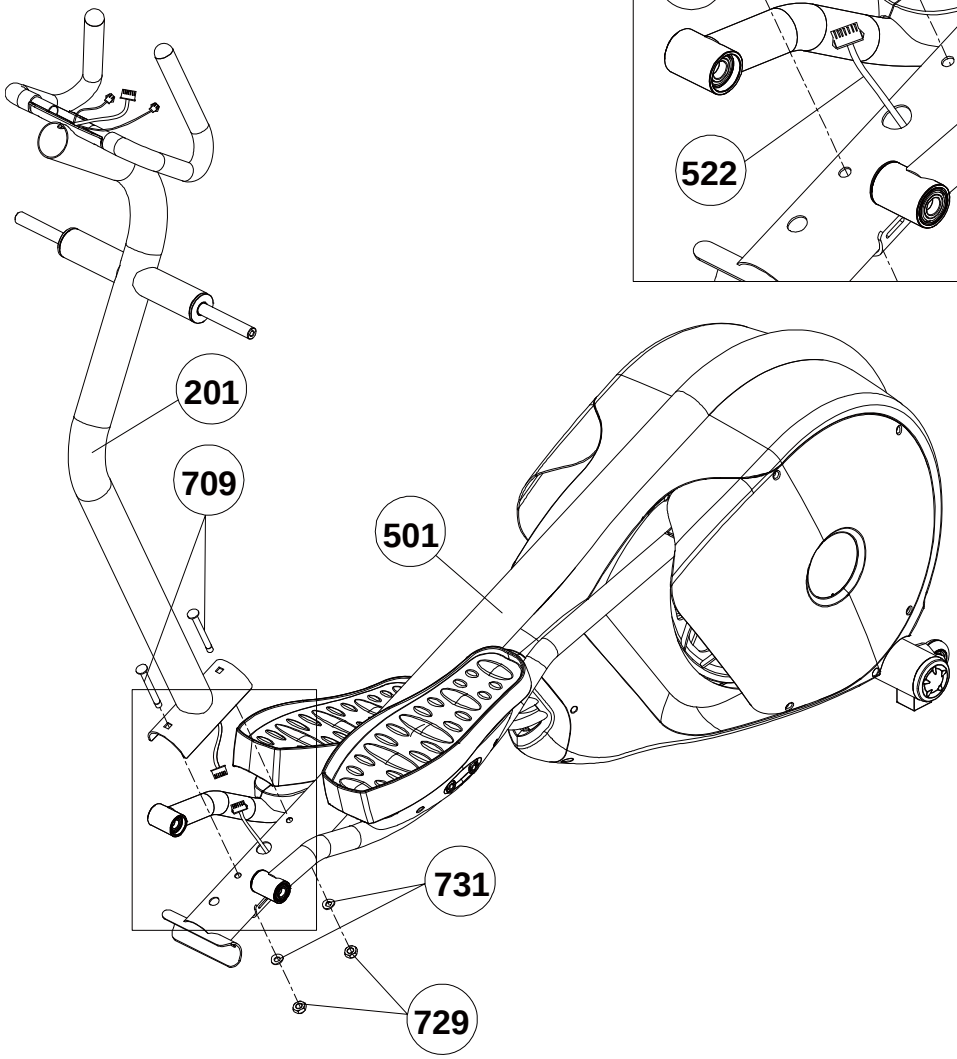
STEP 1:

(A) Connect the 7pin Computer Wire – Middle (204) to the 7pin Computer Wire – Lower (522).

(B) Attach the Console Support Upright (201) to the Main Frame (501) and secure using the M10x94mm Bolt (709), 10.5x28x2mm Cup Washer (731) and M10 Nut (729).

709	X2	
731	X2	
729	X2	



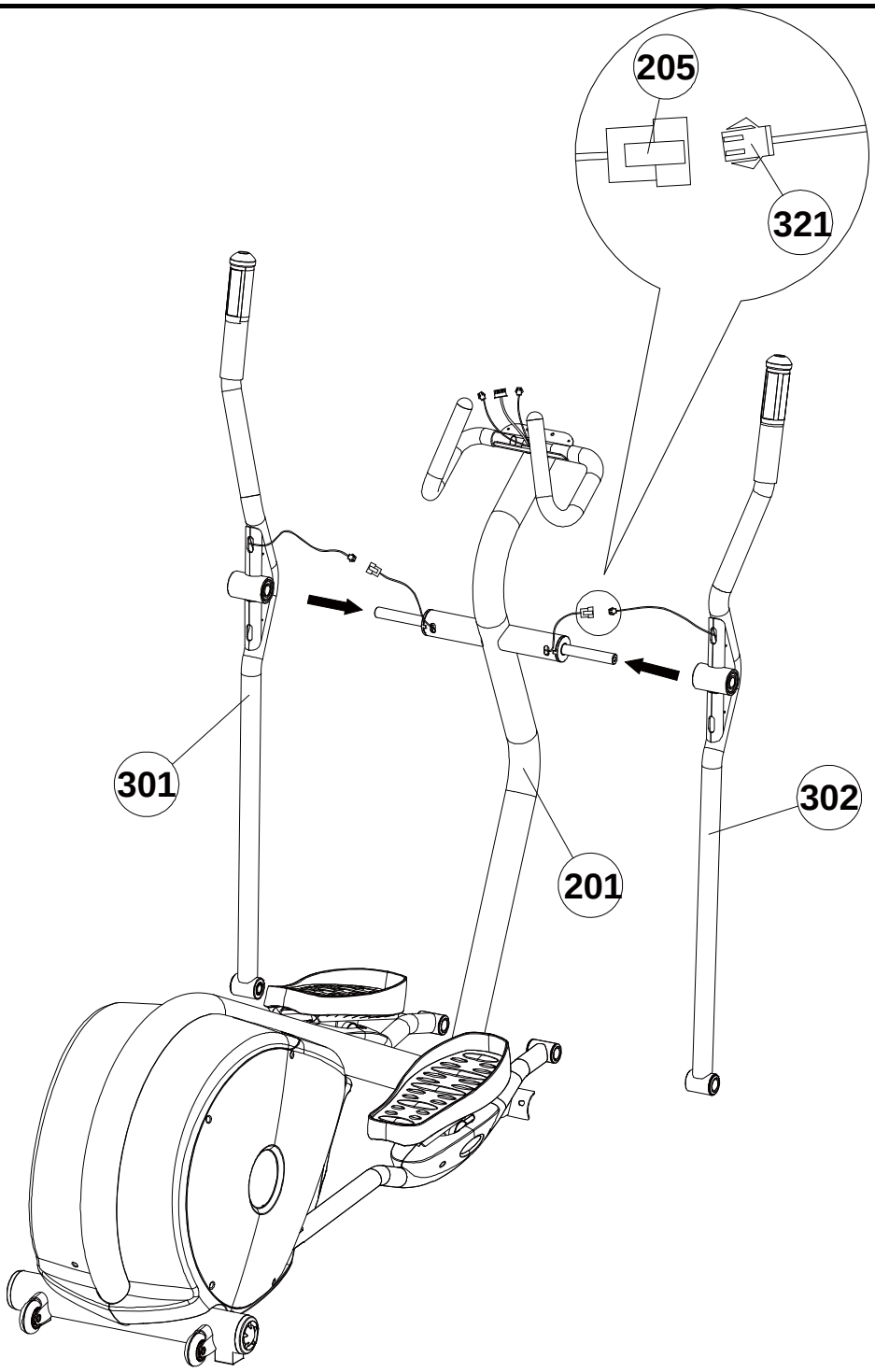


ASSEMBLY

STEP 2:

(A) Slide the Acton Handlebar – Left (301) and Action Handlebar – Right (302) to the Console Support Upright (201)

(B) Connect the Hand Pulse Sensor Wire – Middle (205) to Hand Pulse Sensor Wire – Lower (321)

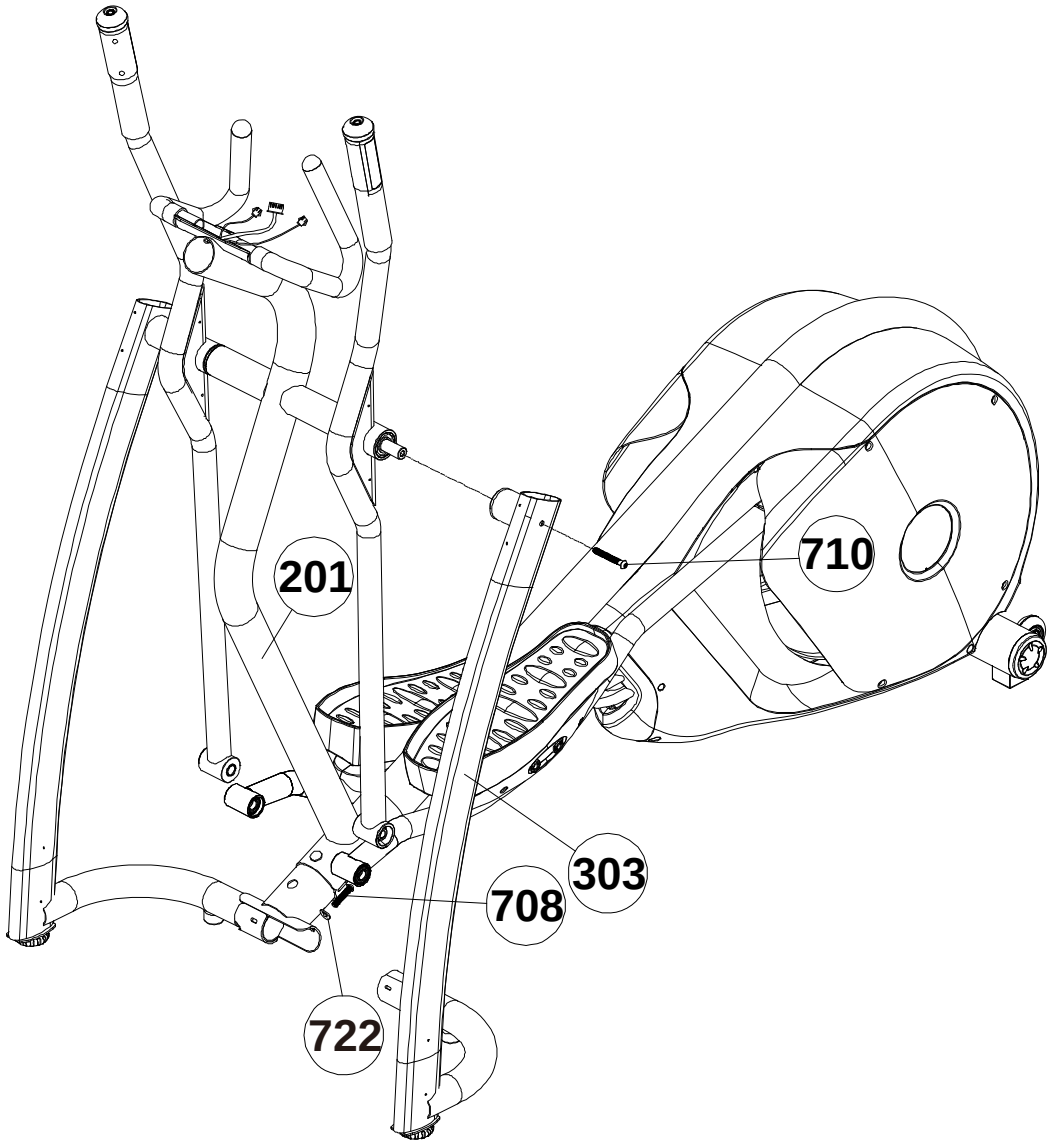


ASSEMBLY

STEP 3:

(A) Attach the Left Upright and Right Upright to the Console Support Upright (201), and secure using M8x65mm Bolt (710) on top of upright, M8x60mm Bolt (708) and 8x21x2mm Cup Washer (722) on bottom of upright.

710	**X2**	
722	**X2**	
708	**X2**	

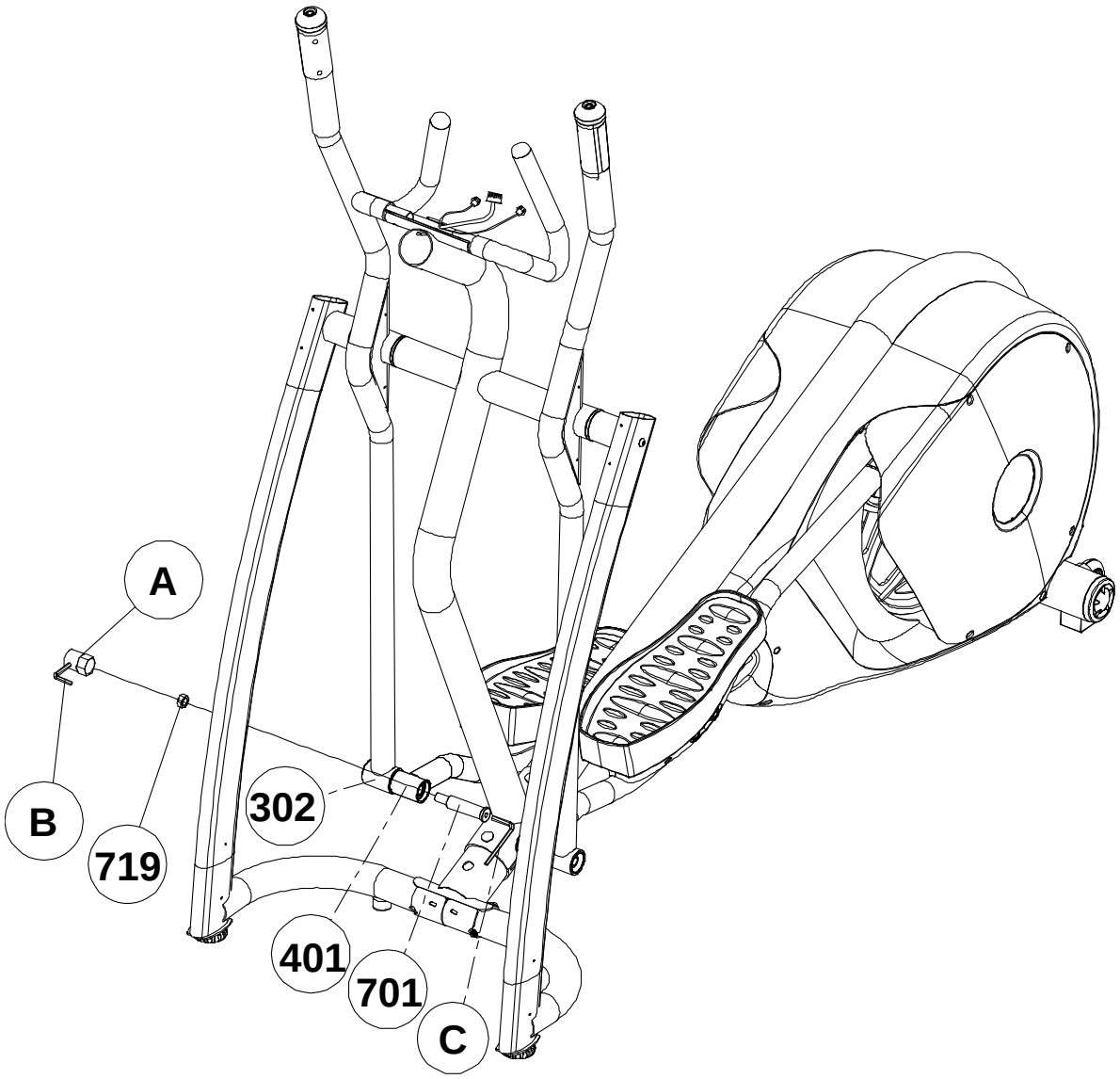


ASSEMBLY

STEP 4:

(A) Slide the M14x91mm Bolt (701) through the Pedal Arm – Right (401) and Action Handlebar – Right (302) and secure the M14 Nut (719) as shown. Repeat the above procedure to assemble the Left side.

701	**X2**	
719	**X2**	

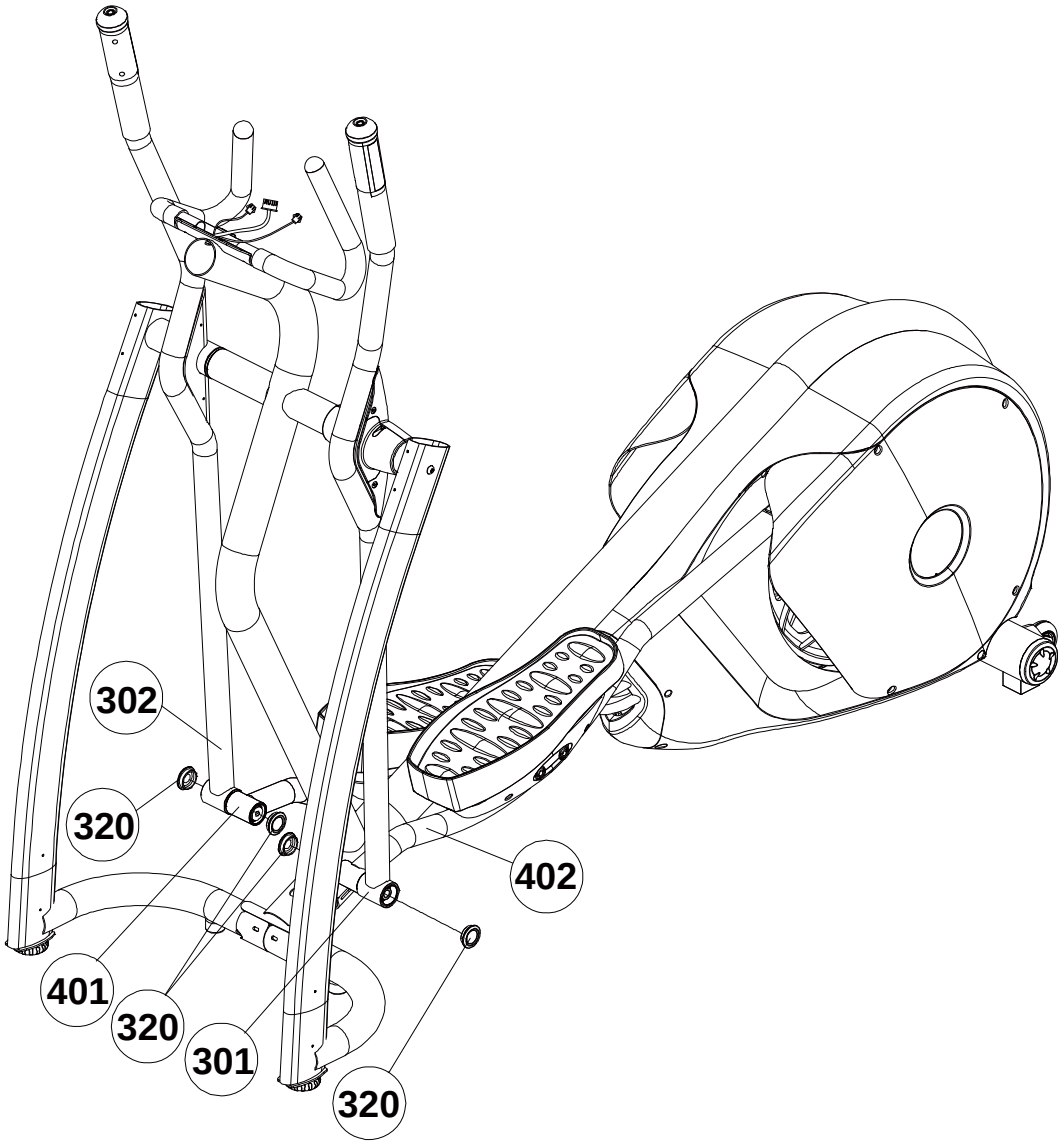


ASSEMBLY

STEP 5:

(A) Attach the Pedal Arm Front Pivot Cover (320) into the ends of the Action Handlebar – Right (302) and Pedal Arm – Right (401). Repeat the procedure on the Pedal Arm – Left (402) and Action Handlebar – Left (301).

320 X4



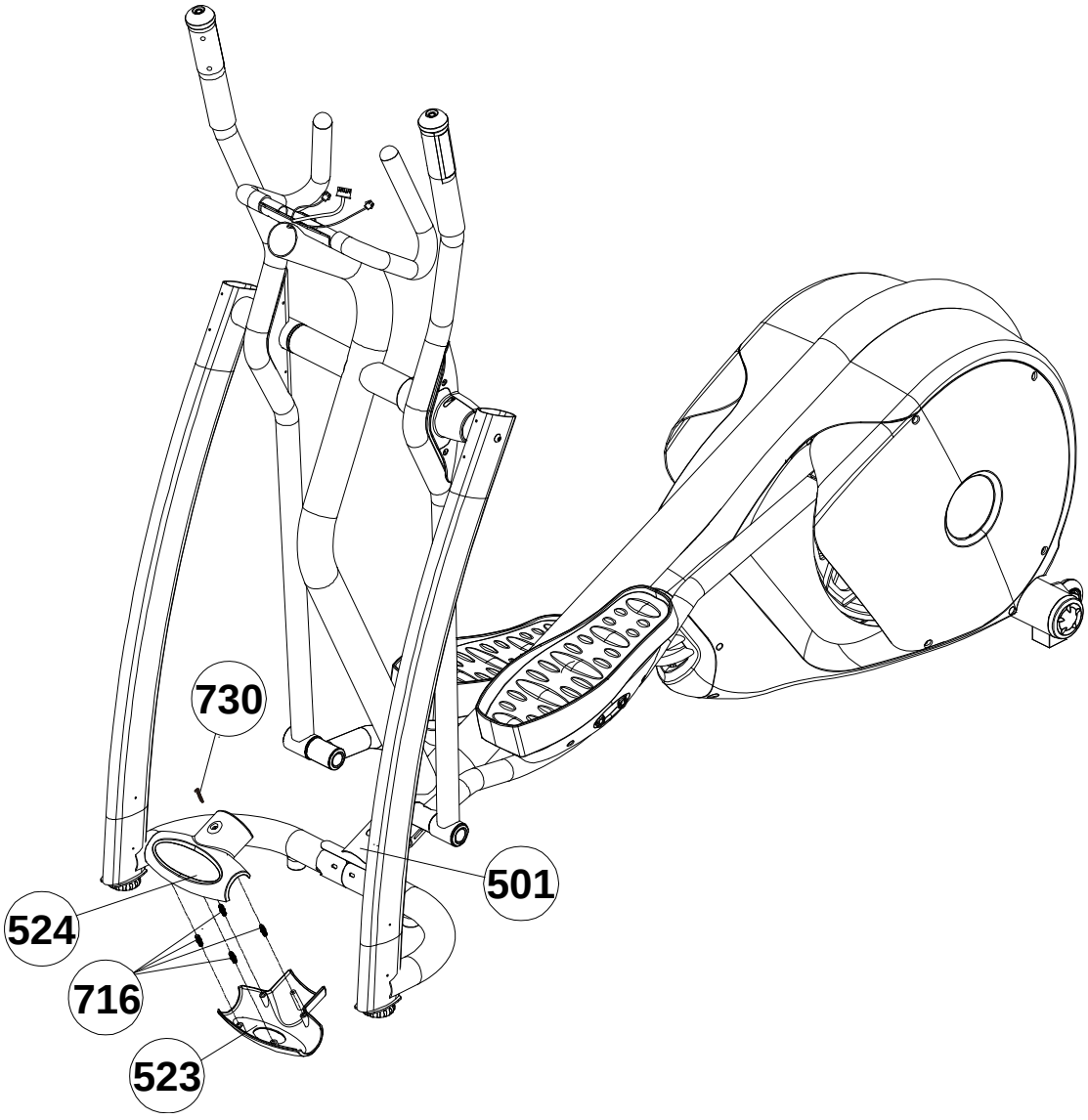
ASSEMBLY

STEP 6:

(A) Attach the Front Frame Cover – Upper (524) and Front Frame Cover – Lower (523) to the Main Frame (501). Secure with Fixing Inserts (716) and 4x50mm Bolt (730).

NOTE: The Fixing Insert (716) has been pre-assembled to Front Frame Covers by factory.

730 X1

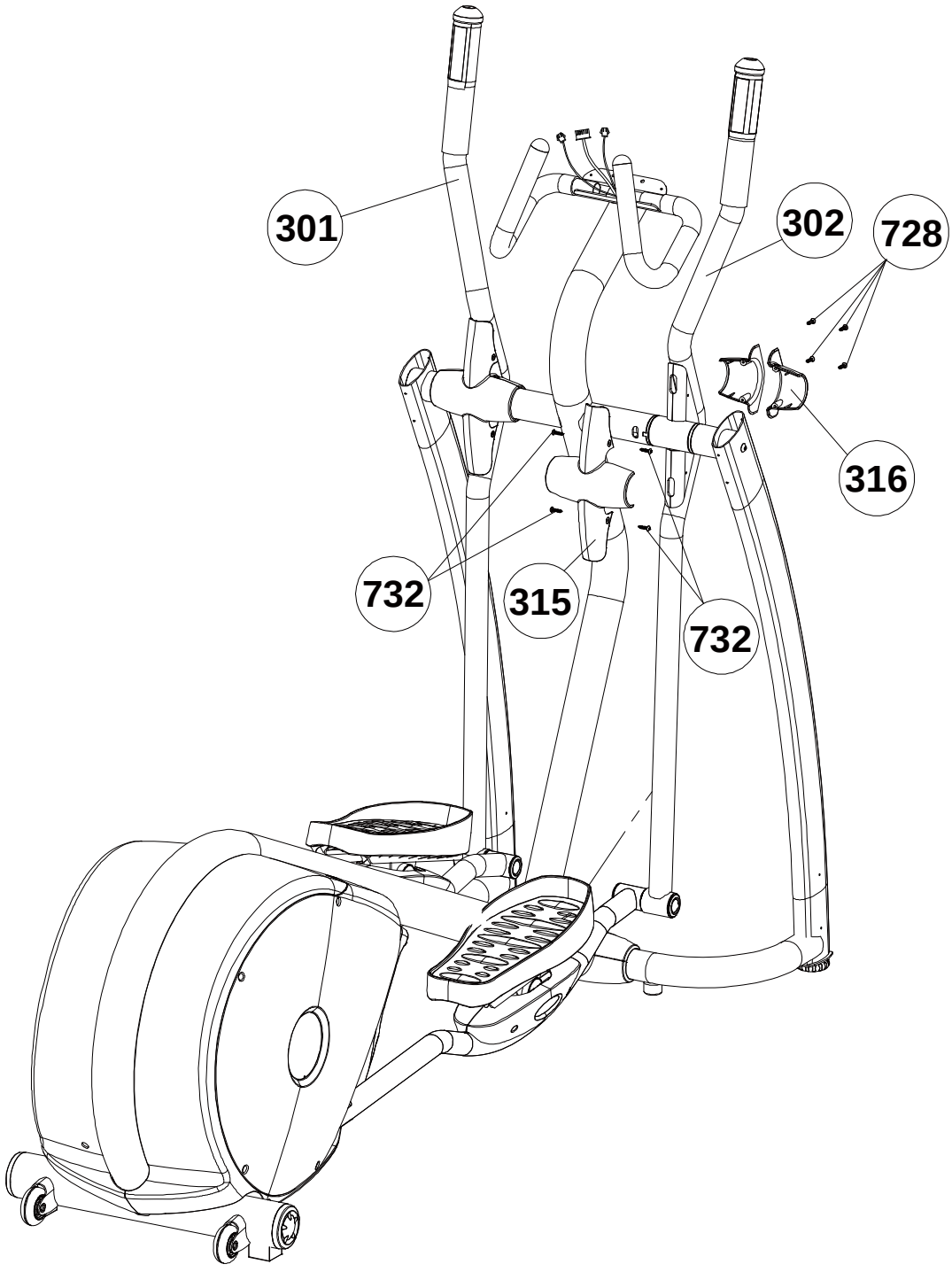


ASSEMBLY

STEP 7:

(A) Attach the Action Handlebar Cover (315) to the front side of Action Handlebar – Right (302) and secure with four 4x15mm Screws (732). Then attach two Action Handlebar Inside Covers (316) from the back side of the Action Handlebar – Right (302) to the Action Handlebar Cover (315). Secure the Action Handlebar Inside Covers using four 4x12mm Screws (728). Repeat the procedure on the Action Handlebar – Left.

728	**X8**	
732	**X8**	

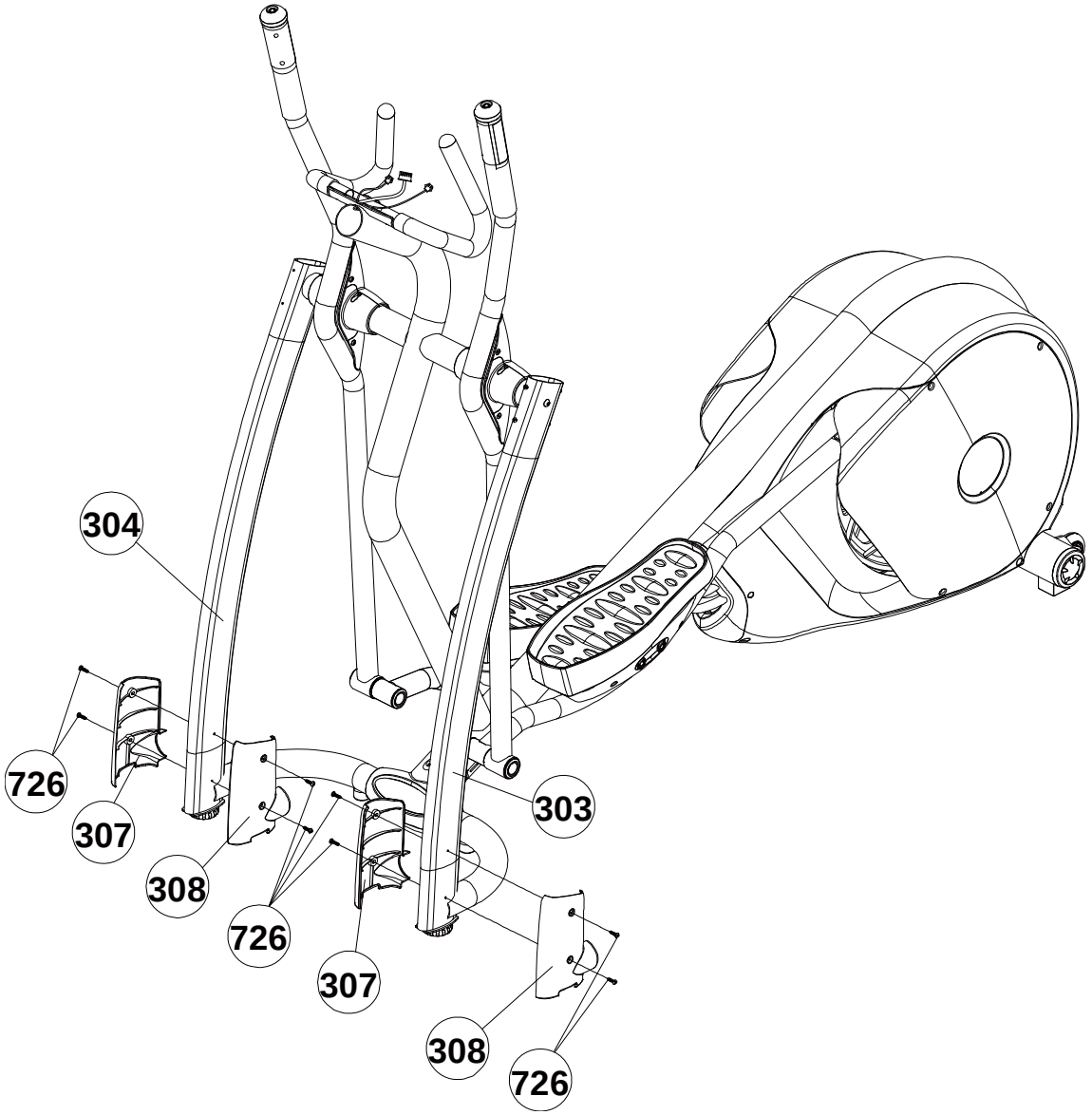


ASSEMBLY

STEP 8:

(A) Attach the Upright Lower Cover – Left (308) and Upright Lower Cover – Right (307) to Right Upright (304) using four 4x19mm Screw (726). Repeat this procedure on Left Upright (303) with Upright Lower Cover – Left (308) and Upright Lower Cover – Right (307).

726 X8



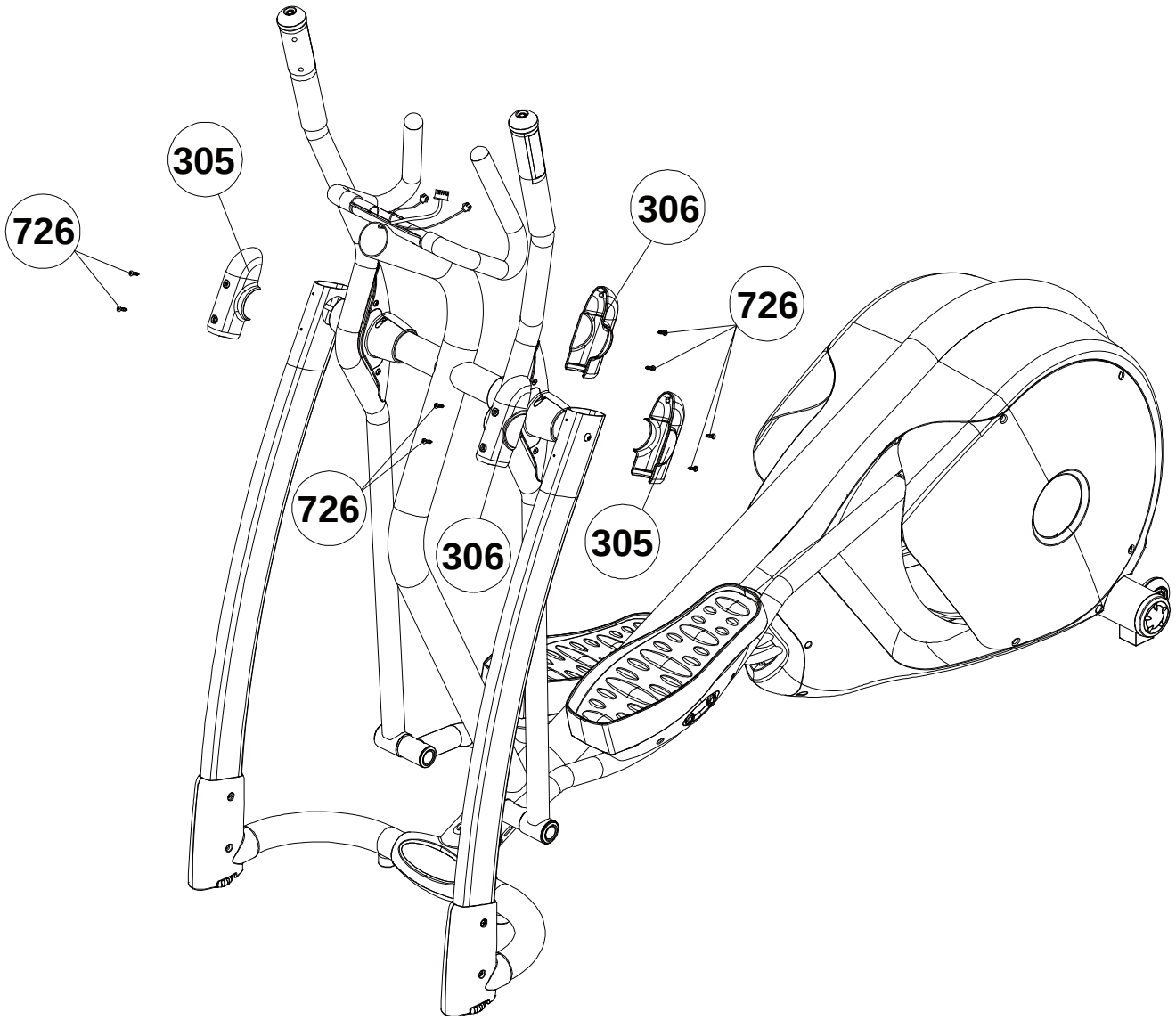
ASSEMBLY

STEP 9:

(A) Attach the Upright Upper Cover #1 (305) and Upright Upper Cover #2 (306)) to Upright using one Fixing Insert (716) and four 4x19mm Screws (726).

NOTE: The Fixing Insert (716) has been pre-assembled onto Upright Upper Cover #1 (305) by factory.

726 X4



ASSEMBLY

STEP 10:

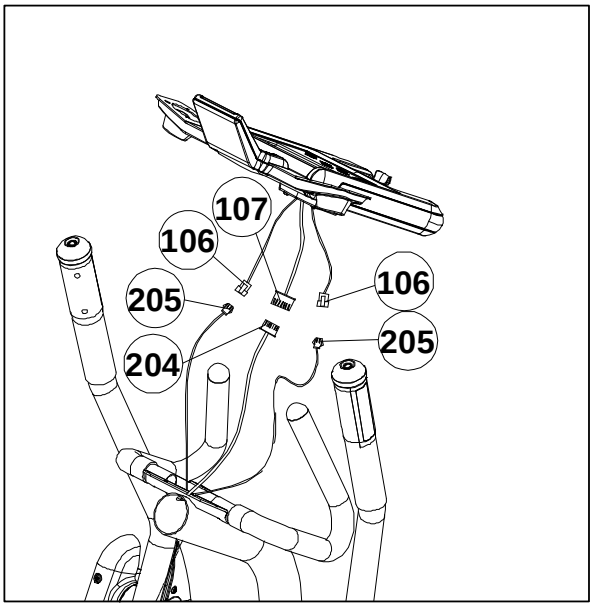
First make sure to connect the 7pin Computer Wire – Upper (107) with 7pin Computer Wire – Middle (204) and Hand Pulse Sensor Wire – Upper (106) with Hand Pulse Sensor Wire – Middle (205) as shown below.

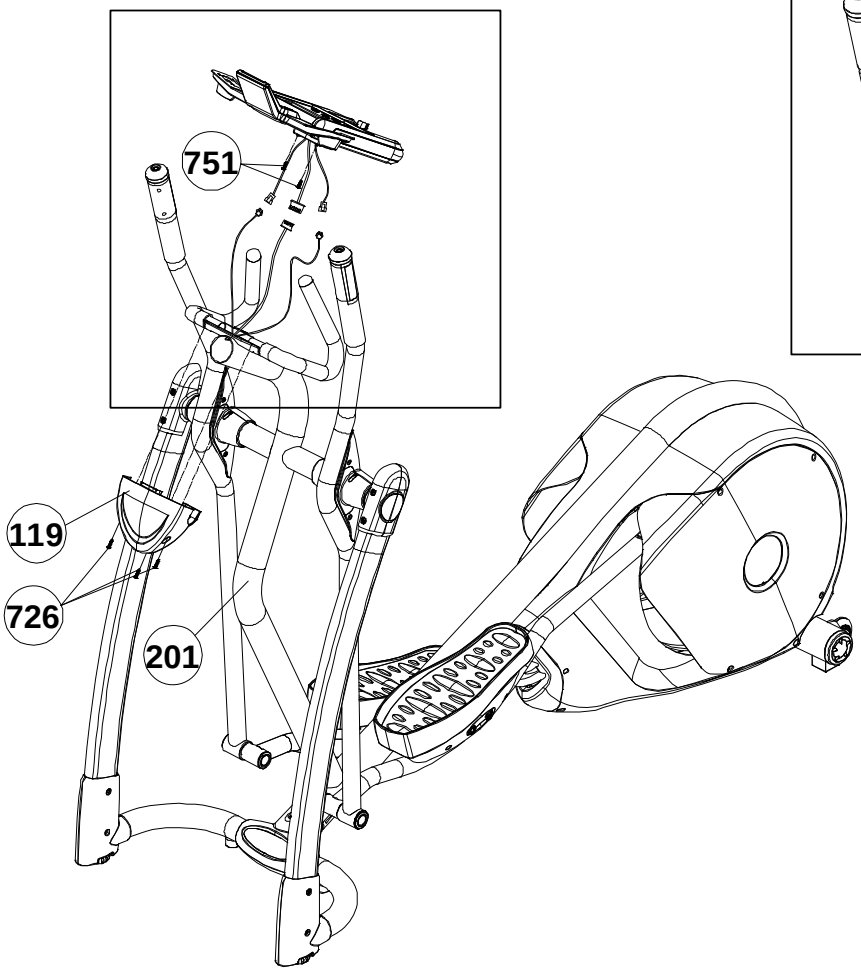
(A) Attach the Computer to the Console Support Upright (201) using two M5x14mm Bolts (751).

(B) Attach the Console Back Cover (119) to the Console and secure using four 4x19mm Screws (726)

NOTE: Make sure all wires are recessed into the Console Housing, do not trap or pinch any of the wires.

726	**X2**	
751	**X2**	

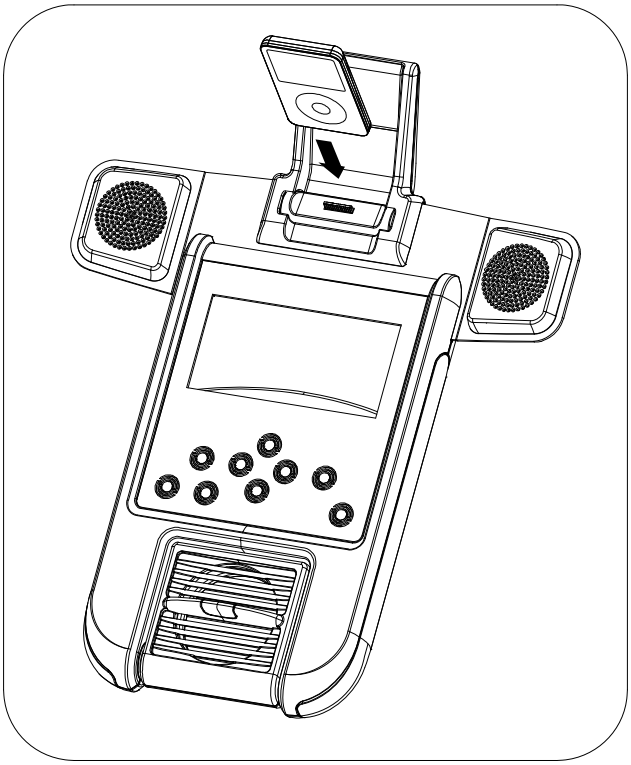


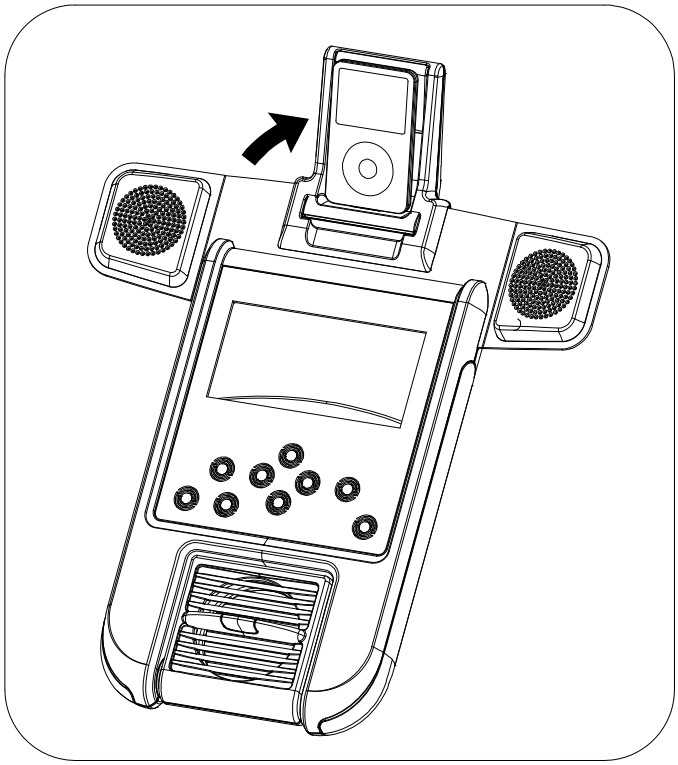


iPod MOUNTING INSTRUCTION

iPod MOUNTING INSTRUCTION:

1. Attach your iPod into the dock
2. Rotate the iPod to lay on the bracket
3. Adjust the intensity of volume on computer buttons while playing music.





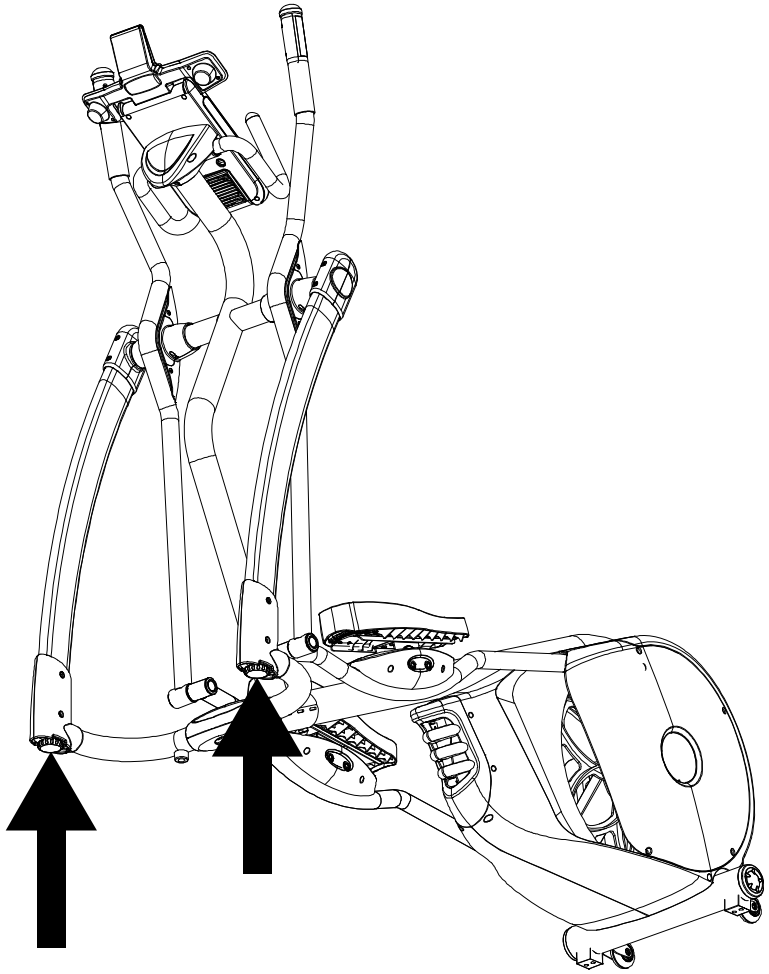
LEVEL ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the levelers follow these instructions:

You will need someone to help you with this procedure, as you will need to tip, the CE3.6 elliptical Trainer while adjusting the levelers

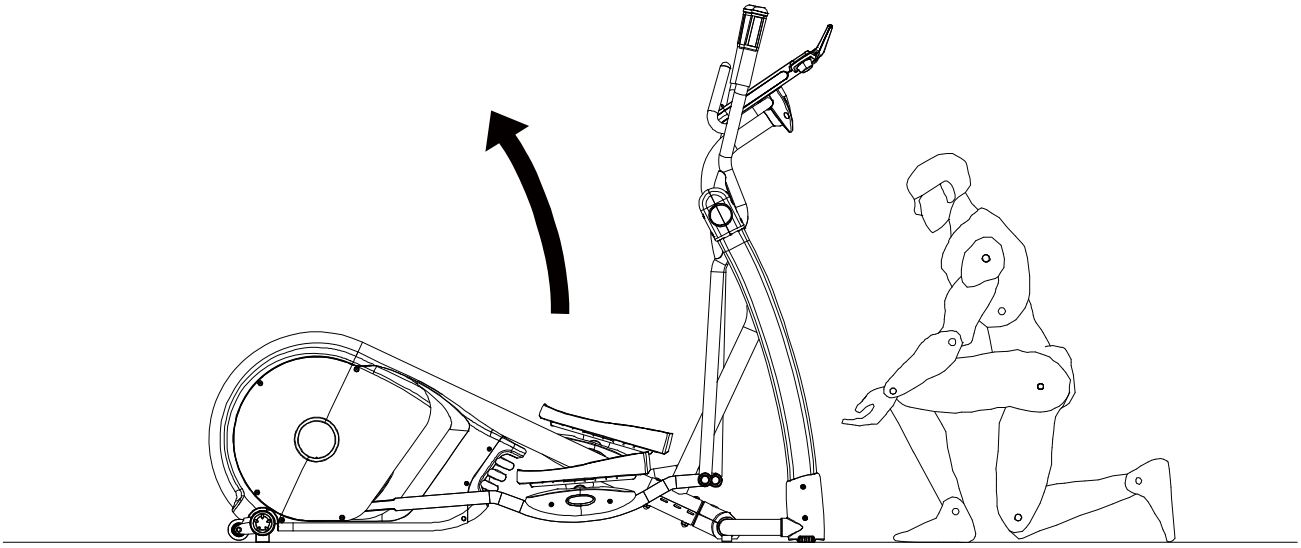
Tip the AGILE Dynamic Motion Trainer to the left/right. You will then see the LEVEL ADJUSTERS. These will need to be screwed either in or out to level the trainer. Repeat for the other side. It may help to use a bubble level when adjusting the level on your AGILE Dynamic Motion Trainer.

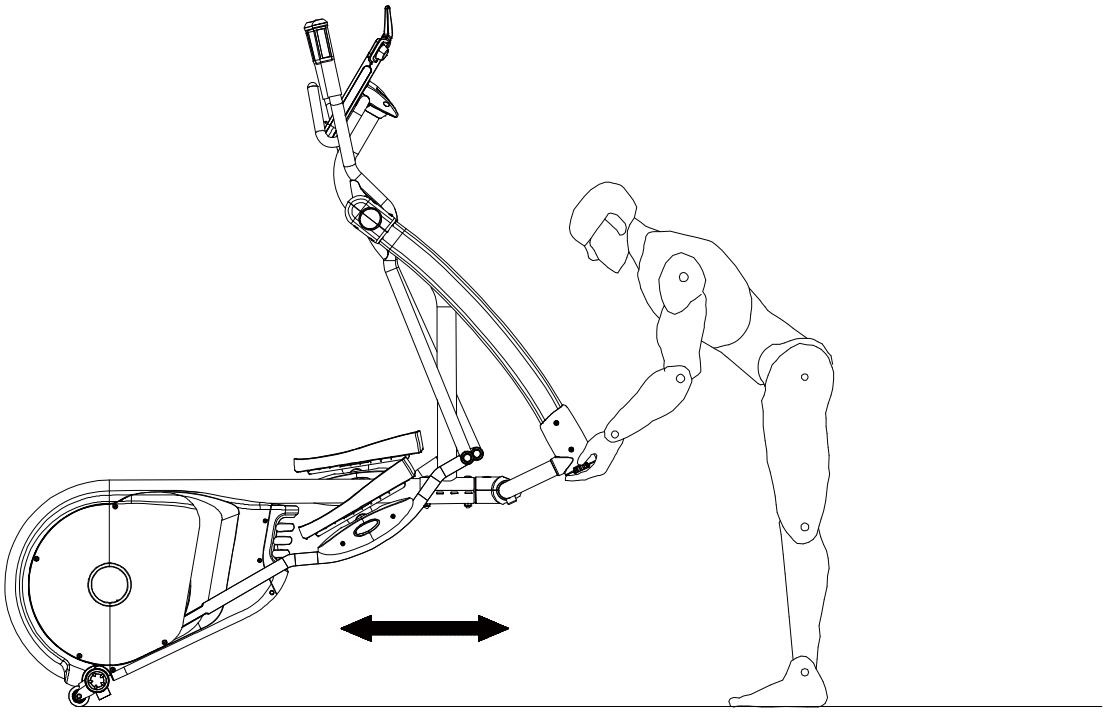


TRANSPORT INSTRUCTION

TRANSPORT INSTRUCTIONS:

To transport your CE3.6 elliptical Trainer simply lift the back end and roll it away to the desired location, as shown.

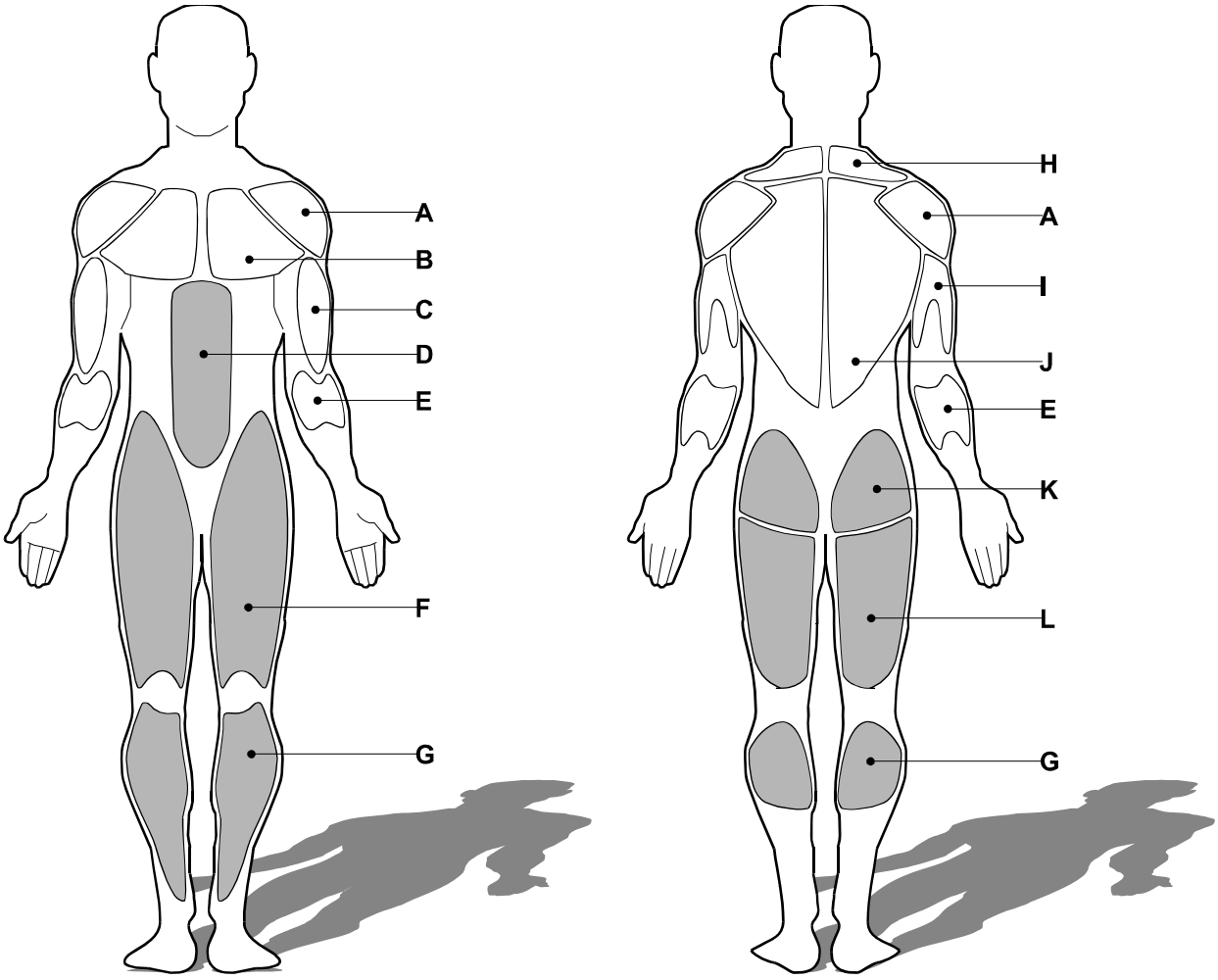




MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

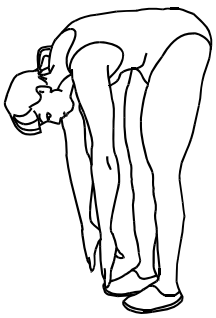
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Shoulder Lift:

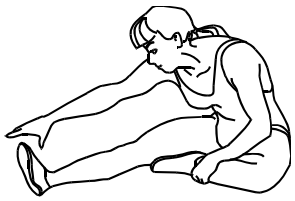
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.

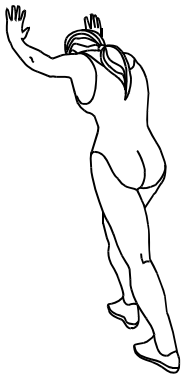


Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.

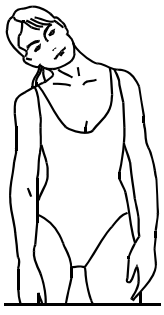
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

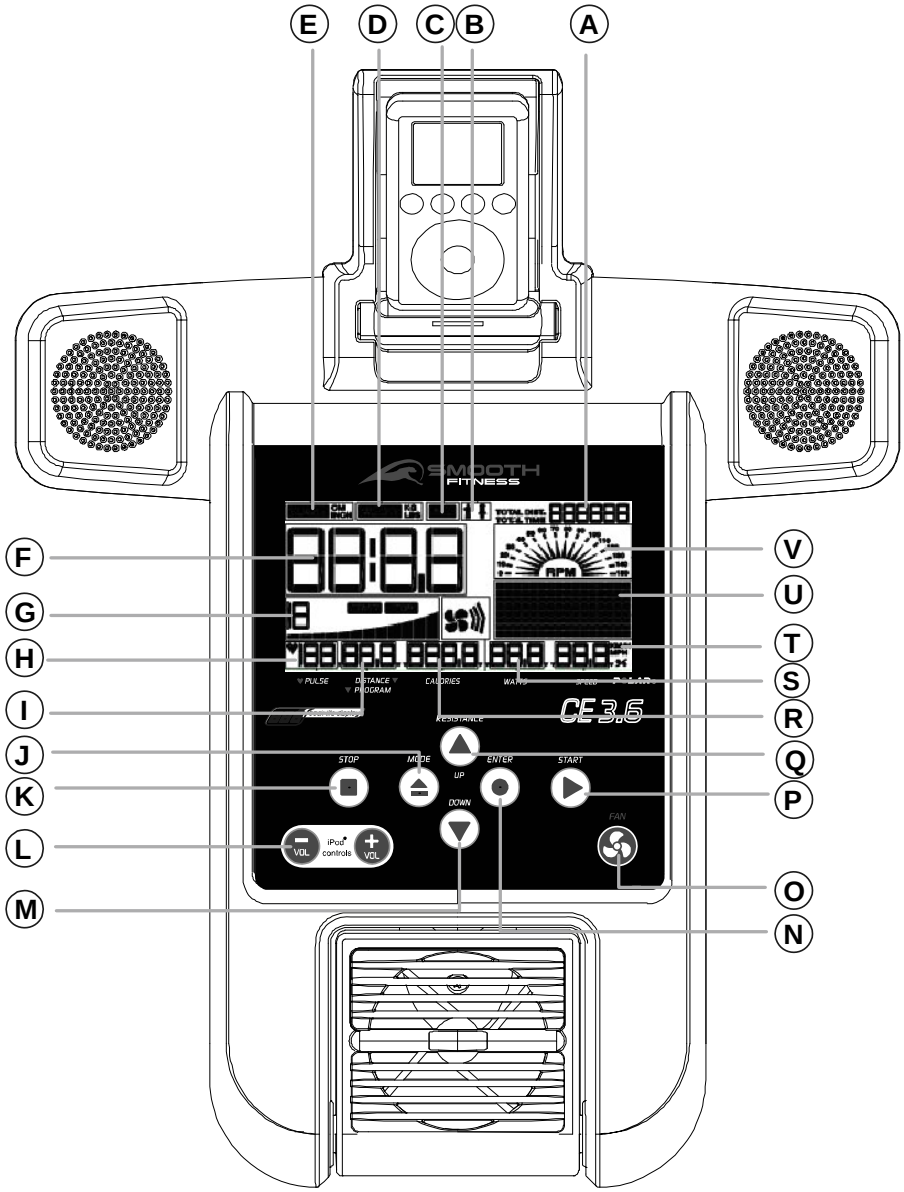


Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



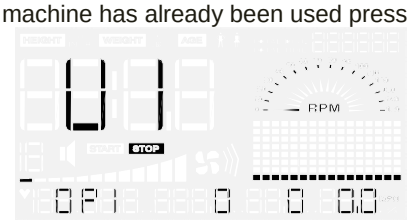
COMPUTER OPERATION



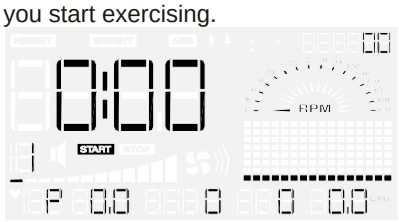
A	RPM	B	GENDER	C	AGE
D	WEIGHT	E	HEIGHT	F	TIME
G	RESISTANCE LEVEL	H	PULSE	I	DISTANCE / PROGRAM
J	MODE BUTTON	K	STOP BUTTON	L	iPod VOL CONTROLS
M	RESISTANCE DOWN	N	ENTER BUTTON	O	FAN CONTROL
P	START BUTTON	Q	RESISTANCE UP	R	FAN INTENSITY
S	WATT	T	SPEED	U	INTENSITY LEVEL DOT MATRIX
V	RPM DIAGRAM				

COMPUTER OPERATION

POWER ON
After connecting the Adaptor, the LCD screen will light up.
To switch back to the power on status after the machine has already been used press the stop button twice.

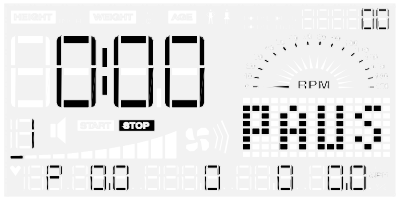


QUICK START
When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.

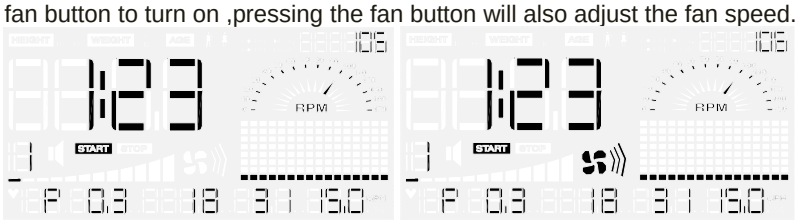


SLEEP MODE
When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, press any button to return to power on status when the computer is in the SLEEP MODE.

PAUSE MODE
While in the PROGRAM, without pedalling the machine for 30 seconds, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will reset to POWER ON status.

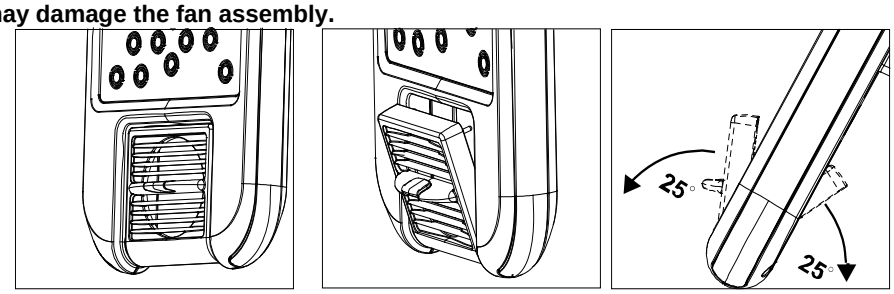


FAN FUNCTION:
To activate the fan press the fan button to turn on ,pressing the fan button will also adjust the fan speed.



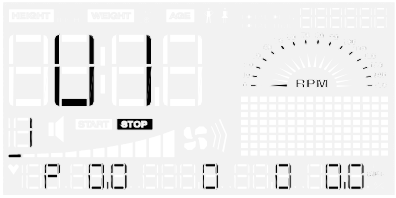
First Press: Second Press: Third Press: Fourth Press: **STOP**

When adjusting the angle of the fan be sure not to over rotate. This feature is designed to tilt 25 degrees up and 25 degrees down. Over rotation may damage the fan assembly.

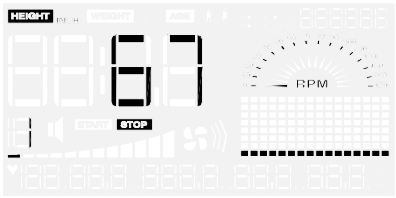


COMPUTER OPERATION

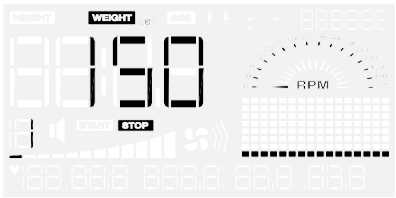
PROGRAM
To select one of the User programs, you will need to select the USER PROFILE first, press the UP/DOWN button to select the USER PROFILE from U1 to U9. This is shown in the SPEED display. Press the ENTER button to confirm the USER PROFILE. If the user information has been previously input and no further changes are needed, press ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To add or change the User Profile follow the procedure below.



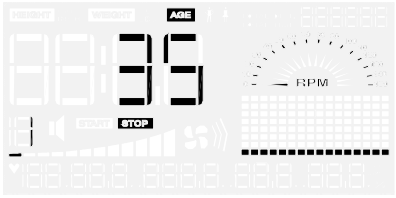
USER HEIGHT
After the USER Code has been confirmed the SPEED display will show HEIGHT and begin flashing. Press the UP/DOWN button to adjust the user height information, and then press ENTER to confirm.



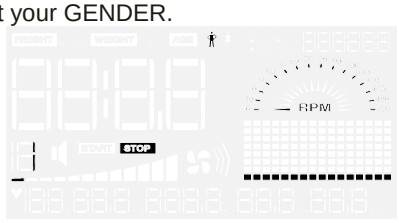
USER WEIGHT
After the HEIGHT has been confirmed the TIME display will show WEIGHT begin flashing. Press the UP/DOWN button to adjust the user weight information, then press ENTER to confirm.



USER AGE
After the WEIGHT has been confirmed the SPEED display will display AGE and begin flashing. Press the UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.
Estimated Normal pulse rate = (220 – AGE) X 65%
Estimated Maximum pulse rate = (220 – AGE) X 85%

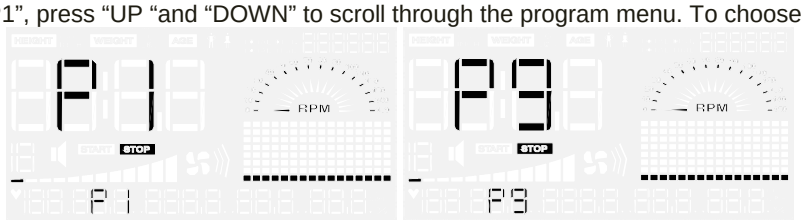


USER GENDER
After assigning your user ID, the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press ENTER button to select your GENDER.



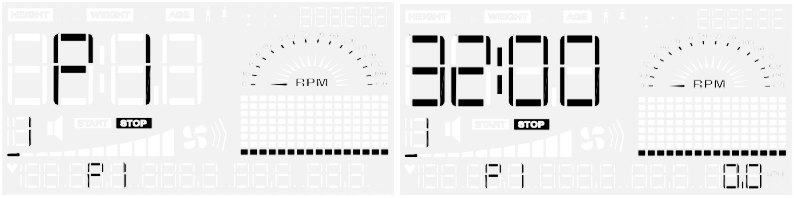
COMPUTER OPERATION

P 1- P9 Program Selecting Procedure
The LCD display will flash “P1”, press “UP “and “DOWN” to scroll through the program menu. To choose a program press “ENTER”.



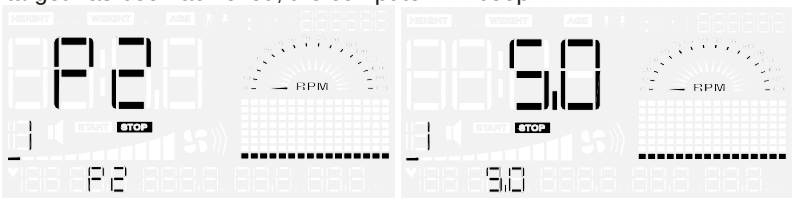
P1: Target time program
After you have selected “P1-Target time program” press the “ENTER” button. The “TIME ”display will show the time of “32:00”, press the “UP “or “DOWN” button to adjust target time, then press the “ENTER“ button to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP /DOWN“ button, The program will count down the preset time, “DISTANCE and CALORIES” will count up.

To pause the program while exercising, press the STOP button. To resume exercising, press the “START” button. The time counts. To quit the program, press the “STOP” button twice. At the end of the program when the preset target has been achieved, the computer will beep.



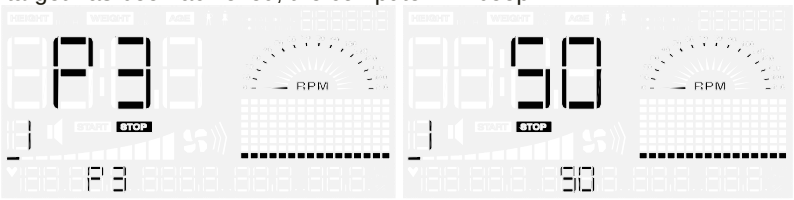
P2: Target distance program
After you have selected “P2- Target distance program”, The “DISTANCE“ display will show the DISTANCE setting of 3.2mph or 5.0km/h, press the up and down button to adjust target DISTANCE, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the RESISTANCE while exercising, press the “UP and DOWN” button. The “DISTANCE” will count down the preset DISTANCE, the “TIME and CALORIES“ will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the preset target has been achieved, the computer will beep.



P3: Target calories program
After you have selected “P3- Target calories program”, the CALORIES display will show the calories setting “50”, press the “UP/DOWN” button to adjust target calories, then press “ENTER” to confirm. Press the “START” button to begin the exercise program. To increase or decrease the resistance while exercising, press the “UP and DOWN” button. The target calories will count down and the TIME, DISTANCE will count up from 0.

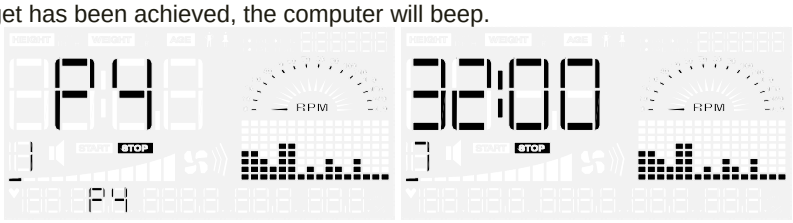
To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the preset target has been achieved, the computer will beep.



COMPUTER OPERATION

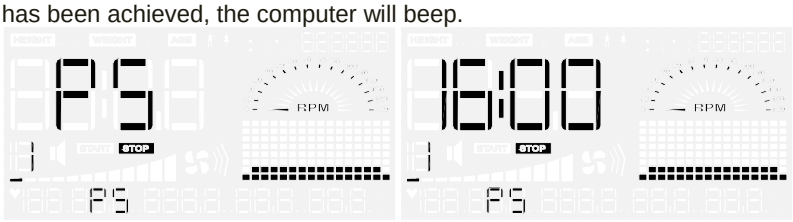
P4: RANDOM program
After the user has selected “P4- RANDOM program”, The TIME will show the workout time setting of “32:00”, Press the ““UP /DOWN” button to adjust workout time, Then press the “ENTER” to confirm. Press the “START” button to begin the exercise program. This program consists of 16 segments if the time entered exceeds 16 minutes the time is averaged over the 16 segments. The resistance display will show “1”. To increase or decrease the resistance while exercise, press the “UP/DOWN” button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

To pause the program while exercising, press the “STOP” button, To quit out the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



P5: Fat burning program
After the user has selected “P5 Fat burning program “, the TIME display will show the workout time setting of “32:00”, press the “UP /DOWN ” button to adjust workout time then press “ENTER” to confirm. Press the ”START” button to begin the “Fat burning program ”. This program has a 60 minute limit all segments are 1 minute each.
The aim of a FAT BURNING program is to exercise for a longer period of time at a reduced level of intensity. This will allow you to burn more calories than if you were using a program that has higher levels of resistance over a shorter period of time.
The RESISTANCE display will show “1”. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The target time will count down, the DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.

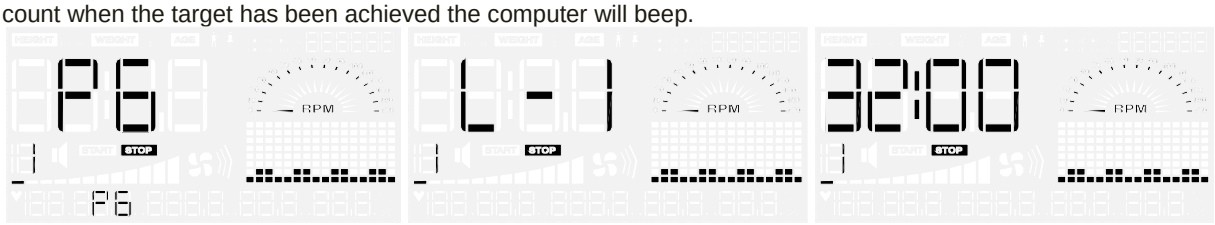


P6: INTERVAL program

LEVEL
After the user has selected “P6 INTERVAL program”, The SPEED display will show “L1”
Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.

TIME
After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00 ”, press the “UP and DOWN ” button to adjust the TIME, press the “ENTER ” button to confirm. This program consists of 16 segments if the time entered exceeds 16 minutes the time is averaged over the 16 segments.
Press the “START” button to begin the exercise program .The RESISTANCE display will show the Level the user has set. To increase or decrease the resistance while exercising, press the “UP/DOWN” button. The time will count down to the end. The DISTANCE and CALORIES display will count up from 0.

To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” twice. At the end of program count when the target has been achieved the computer will beep.

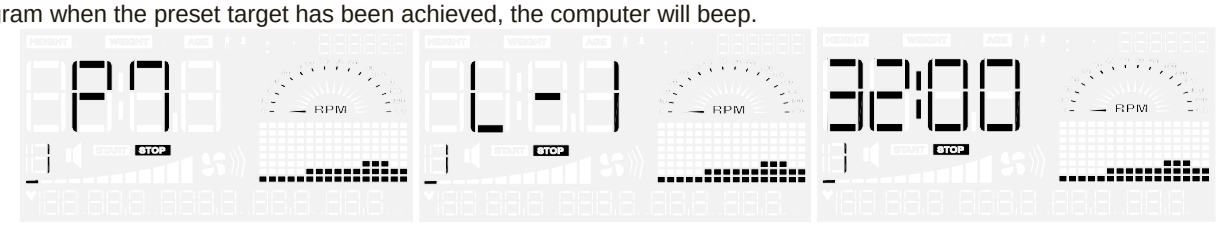


COMPUTER OPERATION

P7: ENDURANCE program

LEVEL
After the user has selected “P7” ENDURANCE program, the “SPEED” display will show “L1”Press the “UP and DOWN” button to adjust the Level from “L1” to “L8”, press the “ENTER” button to continue the program.

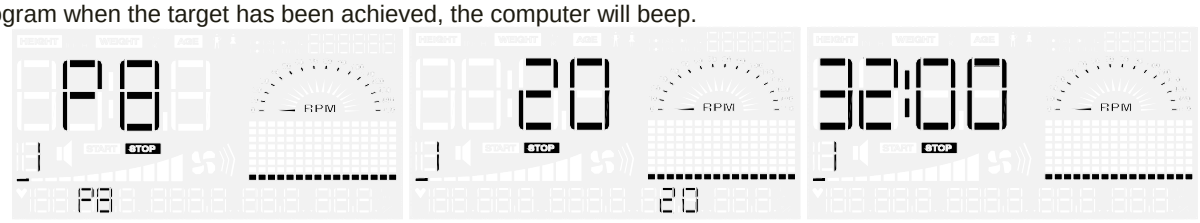
TIME
After you have set up the Level, press the “ENTER” button, The TIME display will show the workout time setting of “32:00 ”, press the “UP and DOWN” button to adjust the time, press the “ENTER” button to confirm. This program consists of 16 segments if the time entered exceeds 16 minutes the time is averaged over the 16 segments.
Press the “START” button to begin the exercise program. The RESISTANCE display will show the Level the user has set.
To increase or decrease the resistance while exercising, press the “UP /DOWN” button. The time will count down, the DISTANCE,CALORIES display will count up from 0.
To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the preset target has been achieved, the computer will beep.



P8: WATT control program

WATT setting
After the user has selected “P8 WATT control program”. The “WATT” display will show “120”. Press the “up and down” button to adjust the “watt ” from “20” to “400” each step by 20W , press the “Enter ” button to continue the program. To increase or decrease the resistance while exercising, press the “UP and DOWN” button. Computer will automatically adjustment resistance to conform user set Watt during difference rpm exercising

TIME
After you have set up the WATT, press the “ENTER” button. The TIME display will show the workout time setting of “32:00 ”, press the “UP and DOWN” button to adjust the time, press the “ENTER” button to confirm.
To pause the program while exercising, press the “STOP” button. To quit out the program, press the “STOP” button twice. At the end of the program when the target has been achieved, the computer will beep.



Resistance – Level – Watt Table: CE3.6

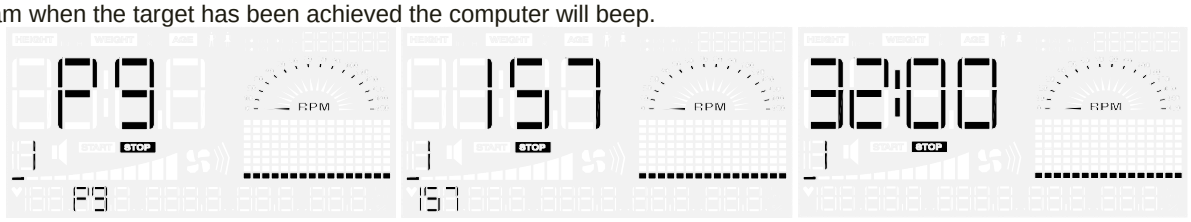
RPM		L1	L2	L3	L4	L5	L6	L7	L8	L9	L10	L11	L12	L13	L14	L15	L16
10	**Watt**	2	3	4	5	7	8	9	10	11	12	13	14	16	17	18	19
20	**Watt**	4	8	13	17	21	25	30	34	38	42	47	51	55	59	64	68
30	**Watt**	6	15	24	33	42	51	60	69	78	88	96	106	115	124	133	142
40	**Watt**	8	23	38	53	68	83	98	113	128	144	159	174	189	204	219	234
50	**Watt**	11	32	53	74	95	116	137	158	178	199	220	241	262	283	304	325
60	**Watt**	14	43	71	100	128	157	186	214	243	271	300	328	357	385	400	400
70	**Watt**	17	52	87	121	156	191	226	261	295	330	365	400	400	400	400	400
80	**Watt**	20	63	106	149	192	235	278	321	364	400	400	400	400	400	400	400
90	**Watt**	23	73	123	173	224	274	324	374	400	400	400	400	400	400	400	400
100	**Watt**	28	84	140	197	253	309	365	400	400	400	400	400	400	400	400	400
110	**Watt**	31	94	158	221	285	348	400	400	400	400	400	400	400	400	400	400
120	**Watt**	36	103	170	238	305	372	400	400	400	400	400	400	400	400	400	400

COMPUTER OPERATION

P 9: Target pulse program

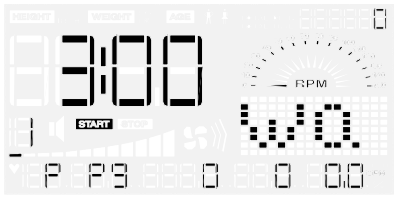
Pulse setting
After the user has selected “P9 Target pulse program”. The “PULSE” display will show and flash “157”. Press the UP/DOWN button to adjust the PULSE, after setting the PULSE, press the “ENTER” button to confirm. The target pulse is with in a range of 10 beats for example a maximum setting of 157 would have a minimum of 147. Within this range the resistance will not adjust.

Time
After you have entered your target Pulse, the TIME display will show the workout time setting “32:00”. Press the UP/DOWN button to adjust workout time then press the ENTER button to confirm. Press START to begin the exercise program.
To pause the program while exercising, press the “STOP” button. To quit the program, press the “STOP” button twice. At the end of the program when the target has been achieved the computer will beep.



WARM UP – Target pulse program

After completing the TIME set up and starting the program, there is a 3 minute warm up section. The WARM UP section 3 minutes will count down. The WARM UP section is designed to help you reach a target warm up PULSE. The resistance will start from 2. When the “WARM UP” section starts, the LCD display will show “WARM UP” three times.
To increase or decrease resistance while exercising in the warm up program, press the “UP and DOWN” button. During Warm up section if the actual PULSE does not reach the target warm up PULSE, the resistance will increase one level every 30 seconds.
If the computer has not detected the user actual PULSE. The computer will stop increasing the resistance. The LCD will show “NO PULSE”.
When the computer detects that actual pulse rate has reached the target warm up PULSE in the “warm up” section, the resistance will stop increasing and continue at the same resistance until the 3 minute warm up is completed and then go into the Target pulse main program.
If you cannot reach the target warm up pulse in 3 minutes, the program will continue for a second 3 minute WARM UP section. If during the second WARM UP the user still cannot reach the target warm up heart rate, the computer will continue to a third WARM UP section for 3 minutes. If the third WARM UP section still cannot bring up the actual pulse rate to the minimum target warm up PULSE, The computer will beep, meanwhile the program will STOP, and the TIME display will show “FAIL”, 10 seconds later, the program will reset to power on status.



Target pulse main program

After the actual pulse rate reaches the target warm up pulse rate and completes the warm up section, the computer will go into the main program and the time will count down from the preset time. During the main program, the computer will detect and monitor the user Pulse rate every 30 seconds. The **RESISTANCE**, **DISTANCE**, **CALORIES** will continue to count up from the “Warm up” section into the Main Target Pulse Program.
If the computer has not detected the user actual pulse rate. The computer will pause the compare function and stop increasing the RESISTANCE. The LCD will show “**NO PULSE**”.
If the actual pulse rate cannot reach the maximum target workout pulse rate, the resistance level will be increased by 1 level every 30 seconds until the heart rate reaches the maximum target workout pulse rate. The highest resistance level is level 16.
If the actual pulse is higher than the maximum target workout pulse rate, then the resistance will be reduced 1 level every 30 seconds until the actual pulse rate meets the maximum target workout pulse rate.
If the actual pulse is higher than the maximum target pulse rate for 3 minutes or longer, or the preset time has counted down to the end, the computer will stop Target pulse program and begin the **COOL DOWN** function.

COMPUTER OPERATION

COOL DOWN – Target pulse program
After completing the Target pulse and the TIME counts down to zero a one-minute COOL DOWN program starts. The TIME display will display 'COOL' for 10 seconds. The resistance will return to level 1 as the time counts down from 1:00 (including the 10 seconds 'COOL' display time). and the distance and calories will continue to count from the main program.
You cannot use the "UP, DOWN, START, MODE" buttons in the "COOL DOWN " program.

Heart Rate Operation
The CE3.6 comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors, if the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

Heart Rate Training
To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.

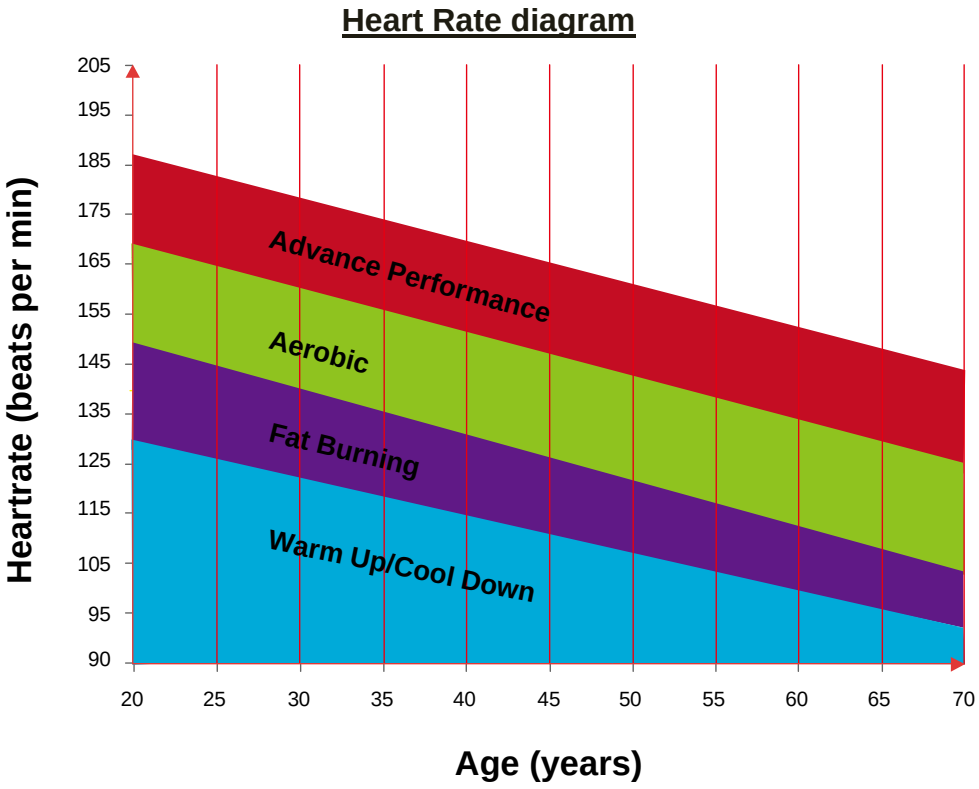
It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.

The following table on the next page is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Metric (KM) to English (ML) conversion

The computer display can show both English and Metric information, if you want to change from the Metric to English, Please follow the below procedure:
When the computer is in the POWER ON status. Press and hold the "STOP" button then press the "UP" button. The LCD will display "km/h or mph" blinking, use UP or Down button to select between "km/h" and "mph", then press ENTER button to confirm.

COMPUTER OPERATION



You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning: **65 – 75% of your max. heartrate**
Fitness/Bodyshaping: **75 – 85% of your max. heartrate**
Performance: **85 – 95% of your max. heartrate**

Example:
You are 25 years old and want to train for the target Fitness:
220 – 25 = 195
75% of 195 = 146,25
85% of 195 = 165,75
Your target-heartrate should be between 146 and 166 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

WARRANTY

LIMITED HOME USE WARRANTY – SMOOTH FITNESS Ellipticals and DMTs Warranty

Warranty Coverage: EVO Fitness and Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Resistance Assembly	Parts & Electronics	Labor
CE-3.6	Lifetime	Lifetime	3 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for One (1) year. Smooth Fitness reserves the right to either:
Hire and reimburse an independent service technician, who will come into the home for the repair,
OR
In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay $75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility. In order for this warranty to be valid, all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence (not including an indoor swimming pool room and areas with excessive humidity).

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

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